



July 2006

Serving the Potrero Hill, Dogpatch, Mission Bay and SOMA Neighborhoods Since 1970

Free

San Francisco Has Insufficient Green to Maintain Green Spaces

By Robynne Boyd
Special to the Neighborhood Newswire

In a City with the highest population density west of New York, access to green space is vital for harmonious living. Yet with new development continuing to squeeze into San Francisco's steadfast 49-square miles, the City has no systematic approach to ensure that there's a sufficient amount of open space for its growing population, nor a way to pay for it.

Throughout the United States "development impact fees" are a common approach to finance the green spaces necessary to serve growing populations. These fees, which are typically assessed on a per square foot basis, are used to pay for the open space acquisition and associated maintenance triggered by new developments.

When asked whether development fees are assessed in San Francisco, Josh Switzky, a City Planner, said "Yes and No." He explained that although some areas of the City -- specifically downtown and Rincon Hill -- have impact fees, most don't.

Two dollars per square foot is collected in the downtown area for new office or commercial development, with the resulting revenues used to finance the creation and improvement of open space. In Rincon Hill, an area delineated by Folsom Street on the north, Embarcadero Street on the east, the Bay Bridge west of Church Street on the south, and Essex Street to the Trans-Bay

Park / Open Space Accessibility in San Francisco

White space denotes areas with no park / open space within one-eighth of a mile

- Existing Park / Open Space
- Vacant Public Land
- Unaccepted Street End
- Public School
- Lake
- Park / Open Space within 1/8 Mile

0 0.5 1 1.5 2 Miles

Source: City and County of San Francisco
1. Neighborhood Public Works 9
2. March 2004

Map illustrates large areas of city without nearby access to parks or open spaces. Courtesy of the City and County of San Francisco.

terminal to the west, \$11 per square foot is charged for residential development. Since little commercial development is anticipated, no commercial development impact fees are levied in Rincon Hill.

Yet, even with these fees in place, City officials have been hard-pressed to spend the resulting revenue. "The [San Francisco Parks and Recreation Department] has had a hard time using the Downtown Park Fund, because property in that area is enormously expensive," said Katharine Petrucione, the Department's Director of

Administration and Finance, "So, the Fund has been used on improvements at Union Square and at Ferry Park."

San Francisco's only citywide funding source dedicated to open space is the appropriately named "Open Space Fund." For every 100 dollars of assessed property value, the City contributes 2.5 cents into the Fund, of which five percent is dedicated to open space acquisition. Over the past five years Open Space funds have been used to acquire 11 new properties, totaling almost

(Continued on page 20)

Yet More Power Projects Slated for Potrero

By Cristi Hegranes
Special to the Neighborhood Newswire

When the Hunters Point Power Plant finally closed, Tom King, Pacific Gas and Electric Company's CEO, remarked that the plant's closure demonstrated San Francisco's commitment to environmentally conscious, alternative energy sources.

But San Francisco's energy future is far from clear. In the shadow of the late-Spring closure of the Hunters Point Plant, and continuing community pressure to shutter Mirant's Potrero Power Plant, another environmentally questionable energy project has gone mostly unnoticed.

Trans Bay Cable LLC, a subsidiary of the Australian investment firm Babcock & Brown, is in the final stages of garnering approval for a \$300 million underwater High Voltage Direct Current transmission line. The "Trans Bay Cable," (TBC) which is essentially a very long extension cord, would convey up to 400 megawatts of power from the City of Pittsburg directly into San Francisco's Dogpatch neighborhood via a 57-mile subsea cable. The proposed project would take AC power, convert it into DC in the cable, and reconvert to AC once it reaches a station at the bottom of Potrero Hill. If approved, the cable would be constructed by 2009 and have an operational life of roughly 40 years.

Babcock & Brown plans to finance the project privately, but will eventually transfer ownership of the cable to the City of Pittsburg. California electric utility ratepayers would pick up the tab for the project, paying the full costs for its construction and operation whether it's partially or fully used, or used at all.

The cable would be installed on the Bay floor by a ship using a hydroplow, which emits strong water jets to create a trench approximately three feet deep by one foot wide. After the hole is created, the cable would be dropped into it and be covered by sediment.

Few San Francisco residents are aware of the TBC, and there's been little governmental scrutiny of it. Less than a dozen Potrero residents -- and only one City official -- attended a June meeting at the Potrero Hill Neighborhood House to review the project's draft Environmental Impact Report (EIR).

(Continued on page 6)

Workout Face-off on the Hill

By Allyse Heartwell

You'd think walking up and down Potrero's steep hill's would be enough exercise for anyone. Apparently not. Multiple gyms, abundant yoga centers, proliferating Pilates studios, dance centers and dojos are all located in one tightly-packed, and apparently well-conditioned, ZIP code.

With so many exercise options, it's difficult to know where's the best place to sweat. To answer that question you first have to ask another: "why in the world am I doing this?" Is your goal to add years to your life? Do you want to fit into that old pair of jeans? Or do you just want to learn how to kick butt? To help you figure out where to go for body work I asked some of the Hill's yogis, gym rats, and Pilates-philes why their method of healthy living was best. Or, said more crassly, if I work out at your facility will I look the best, live the longest, or win the fight?

If it's a more feminine figure you're looking for, Curves Potrero Hill has just the thing, according to owner Rebecca Agius. Agius told me that she tried larger, more traditional gyms for years but found Curves' unique hydraulic machines combined with a supportive, all-women

atmosphere to be the easiest to commit to. "Traditional gyms can be intimidating for women," she said, "The best way to get fit is to have a good time doing it." A Curves member who was making her way around the circuit of machines piped up over the music, "And the best part is it really gives you curves!"

Susannah Bruder of Yoga Sita claimed that her students are "a gorgeous group" too. "We keep in mind that, in spite of what our mothers told us, looks are everything," she quipped. People who practice yoga do seem to look better, younger, and more relaxed. Bruder conceded however, that since Joseph Pilates partially based his system on yoga, "Pilates practitioners are the second best looking."

Georgia Kalnin of Third Street Pilates said that her studio aims to hit all the bases by employing both the Pilates and Gyrotonics systems to compliment one another. "Pilates and Gyro work the body in three dimensions, so it is balanced," she said. Neither method will help you lose weight directly, but both lengthen the body, improve posture, and help burn calories by increasing muscle mass. Both also compliment other activities, such as golf, rock climbing and skiing. Kalnin

emphasized that "a good studio is one that focuses on individual needs."

Joe Talmadge, who owns World Gym, modestly likened his gym's members to Grecian Gods and Goddesses. He also emphasized that fitness is not a one-size-fits-all endeavor. "You need to pick a fitness center that you feel comfortable in, that'll make you keep coming back," he said. With thousands of square feet of machines, free weights, multi-purpose aerobics space, and classes ranging from yoga to boxing, World Gym offers a lot to come back for. "You could take a class, then do a little free weights, then go sit in the sauna," pointed out Joe's daughter, Jennifer, "The size shouldn't be intimidating."

Pretzel of Pretzel's Yoga and Pilates also sees the greatest benefit in combining practices. "Pilates is on the core while yoga is on the extremities -- like husband and wife," she said. Yoga adds an additional element of wellness by focusing on breathing, which calms the mind and oxygenates the body. This has a centering effect on consciousness, and, as Pretzel said, "Consciousness makes a big difference."

(Continued on page 23)

IN THIS ISSUE	
Exercise and Diet MusingsPage 5
Hill Resident Publishes Book	Page 9
Arts & EntertainmentPage 10
Last Graduate CeremonyPage 13
Organics Increase Demand	...Page 15
Potrero Police BlotterPage 19

Democrats' New Direction for America Addresses Priorities of All American's



By Congresswoman Nancy Pelosi

Last month, House and Senate Democrats announced our New Direction for America that addresses the priorities of all Americans, not just the few. President Bush and his Rubber Stamp Republican Congress continue to focus on an agenda that is out of touch with the concerns of the American people, placing divisive partisan politics ahead of real solutions. The American people are paying the price for their misplaced priorities that ignore the realities facing middle-class families and are taking America in the wrong direction. I hear from San Franciscans all the time who are struggling with the skyrocketing price of fuel and energy, the increasing cost of health care and college tuition, and a budget that heaps ever-greater debt on our children. With a New Direction, we will meet our challenges to make our nation stronger, our economy more vibrant, and our families more secure. We will do so in a fiscally responsible way that restores the proven budget discipline that eliminated deficits and generated record economic growth. We will bring economic opportunity and security to all Americans, not just the wealthy few.

A New Direction for America means:

- Real security in our neighborhoods, at our ports and airports. According to the independent 9/11 Commission, the Bush Administration and Republicans are

getting D's and F's on homeland security. A New Direction will raise those grades to A's and make homeland security a top priority.

- Expanding affordable health care. Democrats will accomplish this by putting Americans first, not pharmaceutical companies and HMO's. We will eliminate wasteful subsidies and lower the cost of prescription drugs for America's seniors.
- Broadening opportunity by addressing the soaring costs of higher education. We will make tuition tax deductible, expand Pell grants, and cut interest rates on student loans in half.
- Ending our dependence on foreign oil and energizing America with biofuels that send our energy dollars to our Midwest instead of the Middle East. Democrats intend to achieve energy independence within 10 years.
- A dignified retirement for all Americans. In light of the new Republican threat to Social Security, Democrats will continue to fight against the privatization of Social Security while expanding saving incentives and ensuring pension fairness.
- Expanding economic justice by keeping good paying jobs here at home instead of shipping jobs overseas. After nine years of a stagnant federal minimum wage that has reduced purchasing power in the face of rising health care and energy costs and inflation, Democrats will give Americans a raise by increasing the minimum wage on the first day we control Congress.

The America people are insisting on a New Direction at home and for the war in Iraq. With the cost of the war continuing to rise with more lives lost, more dollars spent, and our reputation weakened, we must change course. 2006 must be a year of significant transition. At the earliest practicable time, the United States must begin the responsible redeployment of our troops, and the Iraqis must assume the burden of defending their own country. It is time for a new direction in Iraq.

While Republicans play partisan politics, focusing on issues that discriminate and are mean-spirited, Democrats are committed to solving the tough issues facing all Americans. Our New Direction will advance a common agenda, seek common ground, and apply common sense in the service of the common good.



What's Up at The Nabe?

Join our Tai Chi class Mondays 10 -11a.m.
The gentle movements of Tai Chi convey the essence of peace and relaxation to the modern world.

Senior Meal Program Monday ~ Friday 10:30-12:30p.m.
Enjoy a hot meal, bingo, socials, nutrition workshops and lasting friendships

On-going Meetings:
Alcoholics Anonymous: Mondays & Fridays at 8 p.m.
Narcotics Anonymous: Wednesdays at 7:30 p.m.

Facilities:
Rental space for theatrical productions, receptions, workshops, meetings, community bulletin board for employment and event listings
Gymnasium and recreational space

Potrero Hill Neighborhood House
953 De Haro Street/San Francisco, CA 94107
415/ 826-8080
Edward Hatter, Executive Director

The Potrero Hill Neighborhood House is a non-profit agency serving those most in need, with an emphasis on youth and education.
The Nabe is wheelchair accessible.
All services and activities are free.

Delirious Shoes & More
317 Connecticut St
415.641.4086

FINE FURNITUREMAKING & ANTIQUE REPAIRS
LESLIE WILLS FURNITUREMAKER
2415 3RD STREET, STE. 242
BY APPOINTMENT
(415) 846-3425
LWILLSFURNITURE@YAHOO.COM



PUBLISHER EMERITUS: Ruth Passen
EDITOR and PUBLISHER: Steven Moss

JULY STAFF:
Clifford Agocs, Judy Baston, Robynne Boyd, Christian Butler, Lonnie Ford, Liz Fox, Allyse Heartwell, Cristi Hegrans, Gretchen Helsel, Abigail Johnston, K. Jackson, Catie Magee, Oona Nelson, Mia Quagliarello

Editorial and policy decisions are made by the staff.
All staff positions are voluntary.
Published once a month except January.

Address all correspondence to THE POTRERO VIEW
2325 Third Street Suite 344, San Francisco, CA 94107
Telephone: 415-626-8723

E-mail: editor@potreroview.net • office@potreroview.net (advertising)

Copyright 2006 by The Potrero View. All rights reserved
Any reproduction without written permission from the publishers is prohibited.
The Potrero View is printed at Howard Quinn, a union shop

IMPRESS YOURSELF

PILATES P GYROTONIC

www.thirdstreetpilates.com

2325 third street #318 san francisco ca 94107 415.503.0200

Defending Our Freedoms and Liberties



By Mark Leno
Assemblyman, 13th District

Greetings Neighbors!

It was only 225 years ago that an optimistic new country was born out of a group of immigrants' quest for independence and freedom. We celebrate the birth of our country every July Fourth as the day that our forefathers and mothers claimed America's independence from Great Britain. The United States has become synonymous with words like "freedom" and "liberty" possibly because those who immigrated here knew what it meant to be without them.

As we pay tribute to this year's Independence Day with our family and friends, we celebrate our own freedom, and honor the men and women who have struggled to preserve our rights throughout our country's history. Just as we reflect upon our history, we must also look to our future and remain ever vigilant in protecting some of our most basic, fundamental rights which have come under attack recently by both external and internal forces.

The steady stream of news stories uncovering the Bush administration's egregious assaults on the freedoms, privacy rights and liberties of its citizens is an outrage. Citing the "War on Terror" as cause, the administration has used fear to elevate itself above the U.S. Constitution and trample on the rights of us all.

Recently, it was reported that this administration has secretly collected the phone records of tens of millions of Americans, using data provided by some of our largest telephone companies. The administration has censored and distorted scientific projects, articles and data for their own political purposes. In an effort to control and manipulate the information its citizens receive, the administration has waged an assault on a free and independent media. Among many tactics, it has been reported that the administration paid TV commentator Armstrong Williams \$240,000 in taxpayer money to praise Bush's education policies. They have also manipulated the media's message by manufacturing "fake news," otherwise known as "Video News Releases" broadcast to millions of Americans who believe it is actual reporting.

While our own constitutional rights are of immediate concern to us, it's also important to consider how the Bush administration has violated international law with respect to the Geneva Conventions. Citizens of the world were shocked at the photos and the numerous accounts of abuse and torture of prisoners at the Abu Ghraib Prison in Iraq. Additionally, the Administration has a policy to detain individuals at Guantanamo Bay suspected to be involved in terrorism, denying their right to a fair trial for years.

I have continued to be an outspoken critic of many of these outrageous and unlawful policies. I have collaborated

with 'Peace Mom' Cindy Sheehan and the National A.N.S.W.E.R (Act Now to Stop War and End Racism) Coalition to help end the war in Iraq, bring home the California National Guard, and fight any further encroachment by this Administration on our civil liberties. It is through our vocal and unified demonstrations that our voices will be heard and the world will take notice.

As your Assemblyman, I continue to seek out ways to shelter our individual freedoms and liberties. I am a principle co-author of Senate Bill 202, which would prohibit telephone companies in California from turning over personal information and telephone records without getting their customer's consent first. In today's modern world, your personal information can too easily be sold to anyone willing to pay a fee—including the government, internet stalkers, and thieves. We should be protected from these threats.

There are some simple steps that we can take to help protect our privacy and guard against identity theft. Your credit report is used by banks, employers, loan and credit card companies, landlords, and others to determine your credit worthiness. By checking it annually, you can ensure the information on your report is accurate and up to date. To receive one copy of your credit report for free each year, please contact (877) 322-8228 or visit www.annualcreditreport.com. Additionally, to better control your information, you can request that the major credit card bureaus stop sending you pre-approved credit card and loan offers that are easily intercepted by identity thieves. To stop receiving these offers, call (888) 567-8688 or visit www.optoutprescreen.com.

Our founders' vision for America is proudly spelled out in our Constitution and Bill of Rights. It includes our right to freedom of speech, religion, due process, privacy and equal protection under the law. These are extraordinary treasures that we must defend when anyone, including our own government, attempts to block them. We must also work to extend these rights to individuals who have traditionally been denied them, such as people of color, lesbians, gay men, bisexuals and transgender people, the poor, women and the disabled.

I hope you and yours have a safe and joyful Fourth of July as we celebrate our country's independence and our own rights and liberties. Happy Birthday, America.

If you would like to assist me in my work to safeguard our privacy rights, please contact our office in San Francisco at (415) 557-3013, via the web at www.assembly.ca.gov/Leno, or e-mail me directly at Assemblymember.Leno@asm.ca.gov.

IACONI BOOKS

Your neighborhood bookstore.

The best children's literature since 1966!

Books in English, Spanish

STORYTIME: Tuesdays, 11:30-Noon

FREE Special Events in JULY:

A family event!

folk musician, VICTOR JOHNSON

Monday, July 10th / 7 PM - 8:30 PM

The American Red Cross

DISASTER PREPAREDNESS & FIRST AID

presentation

Thursday, July 13th / 7 PM - 8:30 PM



970 TENNESSEE @ 20TH ST
In S.F.'s Potrero/Dogpatch/Mission Bay District,
around the block from My Gym

(415) 821-1216

TECH-1 AUTOMOTIVE, INC.

POTRERO HILL'S FIRST FULL SERVICE GARAGE

OPEN
6 DAYS
TECHNICIANS
ON DUTY!

- FREE PICK-UP & DELIVERY
- FREE LOCAL TOWING
(DIAGNOSTIC FEE REQUIRED, WILL APPLY TO AUTHORIZED REPAIRS)
- COMPLETE BRAKE SERVICE
- NEW WARRANTY MAINTENANCE SERVICE
- TIRE & WHEEL SERVICE
- COMPLETE COOLING SYSTEM SERVICE

- STRUT & SHOCK REPLACEMENT
- CLUTCH SERVICE
- TRANSMISSION SERVICE
- COMPLETE TUNE-UP SERVICE
- ELECTRONIC ENGINE CONTROL REPAIRS
- ELECTRICAL REPAIRS
- OIL CHANGE SERVICE
- COMPLETE DIAGNOSTICS CHECK-UP
- FREE BLUE BOOK VALUE INFORMATION
- EMERGENCY AUTO REPAIRS
- FLEET REPAIRS ALSO AVAILABLE

SPECIALIZING
IN
FOREIGN
AND
DOMESTICS



1460 ILLINOIS STREET
(AT 25TH STREET, OFF ARMY ST.)
550-8534 OR 550-8603

VISA * MASTERCARD ACCEPTED!

"THE SERVICE SHOP YOU'VE BEEN LOOKING FOR"

ADVERTISE IN THE VIEW

There's no better way to reach Dogpatch, Mission Bay, Potrero, and even South-of-Market residents.

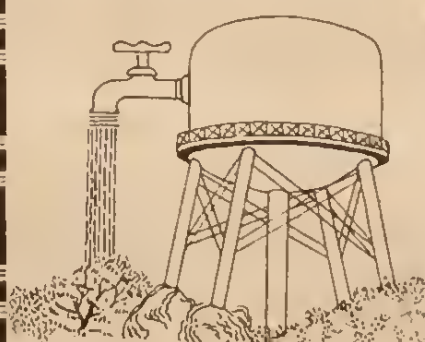
Contact us for rates and ad placement:

415.626.8723

office@potreroview.com

TOM'S PLUMBING

RIGHT HERE ON POTRERO HILL



TOM KEATS 824-3538

SAME DAY SERVICE! LOW RATES!

ARTISANS LANDSCAPE, INC.

Landscape Construction
Garden Design



Tree Service
Garden Maintenance

www.ArtisansLandscape.com
415.594.9090 Lic. #707545 Member, CLCA
ISA Certified Arbarist #WC-2256

Do You Need More Food For Your Family?



Free groceries &
fresh produce
every Friday, 3-5 p.m.,

at St. Gregory's Food Pantry, 500 De Haro Street.

All are welcome — no forms to fill out.

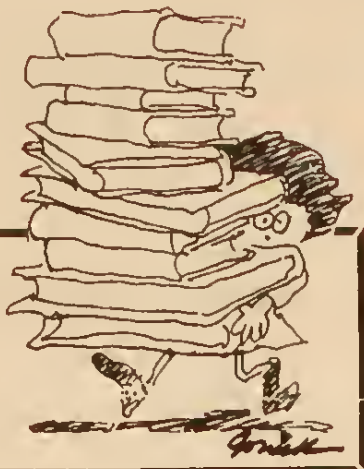
Also open last Sunday of every month, 2-4 p.m.

For info call 415-255-8100

LIBRARY NEWS

POTRERO BRANCH
1616 20th St. / 355-2822

Closed Sunday and Monday
Tuesday: 10 am - 8 pm
Wednesday: 12 noon - 8 pm
Thursday: 10 am - 6 pm
Friday: 1 pm - 6 pm
Saturday: 1 pm - 6 pm



BRANCH RENOVATION UPDATE

As you may already know, the Potrero Branch Library is scheduled to be closed for construction in spring 2007 and undergo a major renovation as part of a citywide effort to upgrade San Francisco's branch library system. The branch will reopen in early 2009. During the renovation, library services will be provided by the soon-to-be-opened Mission Bay Branch Library (located at 960 Fourth Street, at the corner of Berry), holding children's programs at nearby neighborhood centers in Potrero Hill, and by bookmobile service. PLEASE NOTE: the grand opening for the new Mission Bay Branch will be on Saturday, July 8, 10 A.M. to 4 P.M., and everyone is invited to attend! The opening of that branch will be the city's first brand new branch in 40 years and is part of the above-mentioned citywide effort to upgrade San Francisco's branch library system. For further information about the Branch Library Improvement Program, please call 415/557-4354.

CATS, DOGS, GOATS, KIDS, AND MORE

Come for a slideshow history of Potrero Hill's animals (and people, too), presented by Peter Linenthal and Abigail Johnston, co-authors of SAN FRANCISCO'S POTRERO HILL. This program will be held on Saturday, July 15 at 4 P.M. and is suitable for children ages 5 and older and for teens and adults. Light refreshments will be served. Copies of their book also will be available for purchase and signing by the authors.

PROGRAMS FOR CHILDREN IN JULY

In addition to the program mentioned above, Potrero Branch Library will have other programs for children throughout the summer, thanks to funding from the Friends of the Library. Here's the lineup of this month's special programs:

Saturday, July 8 at 4:30 P.M. Storytheatre and classical music come together in the show "Green Golly and Her Golden Flute," presented by Flute Sweets & Tickletoons. For children of all ages.

Thursday, July 13 at 10:30 A.M. Jimbo the Clown brings his lively clowning, gentle humor; juggling, and music. For children of all ages.

Saturday, July 15 at 4 P.M. Cats, Dogs, Goats, Kids, and More—see write-up above for details.

Thursday, July 20 at 4:30 P.M. Storyteller Liz Mangual weaves a story web with tales from her native Puerro Rico and her adopted home in New Mexico. For children ages 5 and older.

Tuesday, July 25 at 7 P.M. Magician Owen Baker-Flynn brings magic, juggling, comedy, and more! For children of all ages.

There are also other programs for children throughout the month:

Infant/toddler lapsit, featuring stories, songs, and rhymes on Thursdays, July 6, 20, and 27 at 10:30 A.M. For children newborn through age 3.

Summertime films on Tuesday, July 11 at 2 P.M.: "Dinosaur" and "Harry and the Lady Next Door". For ages 5 and older.

Evening films on Tuesday, July 11 at 7 P.M.: "Pet Show", "Here Comes the Cat", and "Alligators All Around". For ages 3 and older.

Evening story time on Tuesday, July 18 at 7 P.M. For ages 3 to 7 years old.

Encore summerrime films on Wednesday, July 26 at 2 P.M.: "Sylvester and the Magic Pebble", "When Knights Were Bold", and "The Cat Came Back". For ages 5 and older

Please note: All library programs are free. Meeting room is not accessible by elevator. Groups, please call in advance for reservations.

AND OF COURSE, HAVE FUN READING THIS SUMMER!

For teens between the ages of 13 and 18, you can join the library's TEEN SUMMER READ, which runs through July 28. Sign up, keep track of what you read and your time, fill out a "Comment Card" for each 10 hours of reading that you do, and receive prizes for reading. And for children up through age 13, there is this year's "Don't Bug Me...I'm Reading" SUMMER READING CLUB, which runs through August 12. Sign up, read, and receive prizes! Preschool-age children also can participate by having someone read to them. Come to the library for more details.

Jensa Woo - Potrero Branch Library Manager

Publisher's View

By Steven J. Moss

We all stand on the shoulders of those who came before us. Four generations ago my family fled Eastern Europe to make a home first in Chicago, and then decamped again to California. They were driven by fear, hope, curiosity, and optimism; that strange mixture of emotions that make-up what it means to be an American. I wouldn't be living a comfortable life in Potrero Hill if it weren't for my ancestor's choices. My five-year old daughter too has been launched into the world with a velocity supported by her parents, relatives, friends, and the community around her. And so, we all hope, our journey continues.

Almost all of us in San Francisco live in homes built by people who came before us. My house on Kansas Street, like many others in the neighborhood, was built in 1907, just after the 1906 earthquake. It's a working class structure made upper class by our over-heated real estate market, built from redwood trees taken from a forest that no longer exists. The previous owner, a Vietnam War veteran, had lived there for more than three decades. His budget-strapped whimsy is evident everywhere: in the odd-shaped window in the bedroom that provides a perfect portal to see the moon at night, to the patch of wooden floor left abandoned in the middle of a sea of tiles in the sitting room.

The View is like my old house,

and maybe yours. Built by dedicated community activists over almost four decades – and launched shortly after the social earthquakes caused by the civil rights movement – the paper is full of nooks and crannies. Some of them are delightful, like our masterly drawn masthead. Others are simply odd, such as announcements for events that haven't happened in years. Like the redwood trees from which my house was built, most of the original builders are gone – retired, moved away, or dead. This is the house those of us who love our community newspaper live in.

As the View's new publisher I find myself feeling the same emotions that drove my great-grandparents out of the shtetl. Fear of failing, myself or my community; hope that I can continue to publish a paper that serves my neighbors needs; curiosity about how this enterprise will unfold; and the optimism necessary to take on such a task.

The View's bones are good, though some of its fixtures, flow, and content could use freshening-up. As we embark on this next part of the journey, I hope you'll continue to support the View, by reading it, contributing to it, purchasing advertising, and perhaps most importantly, patiently letting me and the rest of the (low- or no-paid) writers, editors, graphic artists and layout specialists know when we've done a great job, and when we haven't.

Farley's Events for July 2006

Tuesday, July 4th – Farley's safe and sane fireworks show after dark. Show accompanied by John Phillips Souza.

Saturday, July 8th – Art Reception: "Hill Community – Photography reflecting the unique community, in and around Potrero Hill". View the photos selected exclusively for the show, 3 pm.

Thursday, July 13th – Potrero Hillbillies. The Potrero Hillbillies

has had many band mates young and old. The 2006 version consists of four friends: Rob Aiman, Matt Crane, Mark Figuera and Bob Lordan. Four song writers who play once a week every Thursday night at Secret Studios room 104. 7pm.

Saturday, July 22nd - Our Saturday afternoon concert series continues featuring "Presidents Breakfast." petforms electro-jazz-funk-dub tunes Saturday afternoon, 3 pm.



Post & Parcel, Inc

Your Passage to the World!

Lynne Y. Guédez

Proprietor

Ph: 415-826-8757

lynne@postparcel.net

1459 18th Street

San Francisco Ca, 94107

Fax: 415-826-8759

The Big and The Little of It— Exercise and Diet Musings



You don't have to make radical changes to your life to be fit and healthy, as Oona Nelson has discovered.

By Oona Nelson

My mother calls me “big boned.” Easy for her to say – her wrists are the size of parakeet’s ankles. Let’s just say I didn’t inherit any super-model genes from mom. We both have what’s often called an “athletic build.” In other words, good posture with quite a bit of padding. Even in my party-girl college years I wasn’t slim.

A decade ago, as I entered into middle age, I realized that I had to do something about my body. My back was giving me trouble, and my baggy-baggy jeans had become “form-fitting.” I’ve always been sporty – occasionally snowboarding or biking – but never had a consistent exercise regime.

Over the next year I lost twenty pounds. Suddenly, going out for the evening and shopping for clothes were no longer traumatizing experiences: clothes fit.

And this is how I did it: I took Pilates three or four times a week. I chose Pilates because it was fun. Work-outs weren’t crazy-strenuous (unless I wanted them to be) – they were quiet and calming. And Pilates helped my back feel better. Along with my Pilates regimen, I made other adjustments. I’d been walking my dog twice a day for fifteen to thirty minutes. I increased those walks to up to an hour. I also changed my diet. I stopped eating processed foods, potatoes, and sweets. I cut my bread

consumption in half. I ate low-fat and low-salt foods.

It took a year, and while I wouldn’t win any Kate Moss look-alike contests, I looked great and felt even better.

Five years after I started to reshape my body my progress slowed. I regained half of the twenty pounds I’d lost. What changed? Without even being fully conscious of it I’d upped my intake to two pieces of bread instead of one; three pieces of cheese instead to two. My dog-walks slowly shrunk in duration. If I couldn’t find a parking place right in front of the gym I went home. I’d sit around all weekend, every weekend. And guess what? My back would get stiff by Sunday night.

I know now that I’ll probably have ups and downs for the rest of my life. So here’s my advice: find some kind of exercise that you enjoy. Something that’s actually fun. If you don’t enjoy any exercise at all, too bad. Do it anyway. Remember that the small stuff counts too. Strive for a healthier diet. Let yourself off the hook when you need to. If sleeping sounds better than jogging, take a nap sometimes. If you have a piece of cake every now and then, enjoy the absolute hell out of it.

Getting fit is worth it. When you’re fit, every facet of your life improves. Life is too short not to enjoy the little pleasures, but it will be way too short if you don’t offset them with “little exertions.”

STAYING FIT ON THE HILL

Amrita Yoga
560 Third St.
247-9642
www.spiritualpilgrim.com

Centered Body Pilates
601 Kansas Street
920-9133
www.centeredbody.com

Curves Potrero Hill
598 Vermont St.
522-1490
www.sfbaycurves.com
Circuit training for women.

Heart of San Francisco Aikido
2565 Third Street, #309
643-8407
www.heartaikido.com
Aikido for all experience levels.

It's Yoga
848 Folsom St.
543-1970
www.itsyoga.net

Metronome Dance Center
1830 17th St.
252-9000
www.metronomedancecenter.com

Pretzels Yoga
485 A Carolina St.
626-96421
www.pretzels-yoga.com
Yoga and Pilates classes available,
group and private.

Third Street Pilates
2325 Third St. #318
503-0200
www.thirdstreetpilates.com
Pilates and Gyrotonics classes
available, group and private.

Third Street Gym
2576 Third St.
550-8269
www.thirdstreetgym.com



World Gym
290 De Haro St.
703-9650
www.worldgym.com
Free weights, weight machines,
aerobics space. Classes: “bootcamp”,
boxing, yoga, spinning, legs abs and
butt. Ask about the free aerobics class
for seniors.

Yoga Sita
1501 Mariposa St., #308
864-7482
www.yogasitasf.com
Yoga classes, group and private.

Equipment and Apparel:

Mike's Bikes
1233 Howard St.
241-2453
mikesbikes.com

SFO Apparel
880 Mariposa St.
863-3819

Sports Basement
1415 16th St.
437-0100
www.sportsbasement.com

*“I back the family
insurance I sell
with good neighbor
service. Call me.”*



*Like a
Good Neighbor
State Farm
Is There*



*“See me for Car, Home, Life, and
Health Insurance*

LINDA K. WILLIAMS
1536 20th Street
648-1155

e-mail linda.williams@statefarm.com

State Farm Insurance Companies • Home Offices: Bloomington, Illinois

**Need to
Sell it?**

Potrero View ads
move merchandise
Call 415.626.8723
for rates.

All ads due the 18th
of each month.



**MICHAEL-
GARY & CO.**
HAIR DESIGN FOR MEN AND WOMEN
1701 20th St. SAN FRANCISCO 641-1185

Power Projects

(Continued from page 1)

Yet before the draft EIR was even issued, the California Independent System Operator (Cal-ISO), a not-for-profit public-benefit corporation that's charged with ensuring California's electric reliability, had endorsed the project. And City officials, including San Francisco Department of the Environment staff — who're charged with protecting San Francisco's environment — appear to support it.

"The mayor's office has already been talking to Babcock and Brown about putting solar panels on the DC line station in San Francisco. That'd be like putting lipstick on a hog. Meanwhile City officials haven't spent one minute talking to community members about the project, or done any kind of significant analysis of its impacts," said David Fierberg of SF Community Power, the only organization so far to take a hard look at the project.

Does San Francisco need the Trans Bay Cable?

"Well, the City doesn't need it today," says Evette Davis, a spokesperson for the Trans Bay Cable project. "But it will be necessary for San Francisco in the long term."

San Francisco's energy system poses unique challenges. The City's location at the end of a peninsula makes it vulnerable to power outages, according to a California Energy Commission report. The Trans Bay Cable would enable the City to obtain electricity from two directions — south, from the peninsula, and east.

But Cal-ISO's own analysis indicates that the earliest the City would need new supplies is in 2012 — and even then any additional electric capacity would simply serve as back-up in case of transmission outages, and many never actually be needed. A recent analysis developed by San Francisco Community Power found that under a reasonable set of assumptions — including modest increases in the use of solar and energy management approaches — San Francisco may not face an energy gap until 2019, and even then the potential shortage would be less than 50 megawatts. In this context the cable's 400 megawatts of power potential may be excessive.

"Getting this cheap power from Pittsburgh will have a disastrous impact on the City's adopted sustainable energy plan," says David Fierberg.

If the City follows its sustainable energy policies, and develops additional supplies of "green" energy, these assets would have to compete with potentially less expensive, fossil fuel-based energy produced in the East Bay. "The law of economics would demand that companies not buy the green energy from the city," Fierberg says. Further, Fierberg points out, a diverse mix of in-City energy sources, including solar, fuel cells, small-scale storage, energy efficiency, and "demand-response" would provide far greater protection against massive outages than another large transmission line.

Beyond potentially choking renewable energy development in a City that makes a practice of touting its commitment to photovoltaics, tidal power, and energy efficiency, the environmental implications of the subsea cable remain unclear. The EIR completed by the City of Pittsburgh identified nearly every environmental consequence from the cable as "less than significant."

"You can't just say let's disrupt 60-miles of land under the Bay and then say, 'It'll be no big deal.' It has to be said that all of the parties involved here are interested parties," says one community activist who asked not to be named.

"It's problematic that the City of Pittsburgh is both the authority on moving this project forward on behalf of Babcock & Brown and the one signing off on the environmental impact report," Fierberg says. "Babcock & Brown skirted more rigorous scrutiny by the California Public Utility Commission — which would normally evaluate this kind of project — by planting the line in Pittsburgh, which is served by a municipal utility that escapes CPUC jurisdiction. Now they have a future owner of a lucrative project passing judgment on its merits." Fierberg says he anticipates that community activists will demand independent agencies analyze the potential environmental impact of the cable in the coming months.

While mostly silent on environmental issues, Pittsburgh's EIR did conclude that one unavoidable adverse impact of the Trans Bay Cable would be the demolition of two

historical buildings located in Potrero's Dogpatch neighborhood. In order to construct the conversion site Trans Bay Cable LLC would need to tear down the last two remaining 1920s Western Sugar refinery warehouses, which qualify as historic buildings.

According to Joan Lamphier, of Lamphier and Gregory, the environmental analysis company that certified Pittsburgh's draft EIR, "The sugar refineries don't meet the criteria of the National Historic Register. They are only remnant of what could have been a district. The context of their value is limited."

Greg Asay, Legislative Aide for Supervisor Sophie Maxwell, disagrees. "Within the Dogpatch neighborhood there is a lot of appreciation for historic buildings of industrial character," he says. "People really appreciate the working class history of that neighborhood." Joe Boss, who represents the Potrero Boosters Neighborhood Association on energy issues, says he believes there's "no good reason or even acceptable reason that the sugar warehouses should be demolished. They are structurally sound."

Although it seems likely that Babcock & Brown will successfully negotiate the EIR process, obtaining the necessary approvals from the City and County of San Francisco may ultimately prove challenging. The project proponents will need to obtain a lease from the Port of San Francisco before they can begin construction, and all port leases need approval from the Board of Supervisors. Supervisor Maxwell, who represents the Dogpatch and Potrero Hill neighborhoods, has not yet taken a position on the cable, though she anticipates the issue coming before the Board in early 2007.

"This is not just a Potrero question," Fierberg says, "It's a question about our energy future. Community input will matter as this issue goes before the Board [of Supervisors]."

Serving the Bay Area
Garden Gourmet
A Vegetarian Personal Chef Service

Using local seasonal organic ingredients, Chef Deb Janes will cook in your kitchen robustly flavorful vegetarian meals, leaving them packaged for your convenience.

910-985-1065 • www.gardengourmetchef.com

Need to Sell it?

View ads move merchandise

Call 415.626.8723 for rates.

All ads due the 18th of each month



Help Feed the Hungry

Martin de Porres House of Hospitality,
225 Potrero Avenue (16th Street),
is in need of volunteers.

We serve free food daily — seasoned with loving kindness — to those who need it and we have fun doing it.

Weekly or monthly, even for a few hours, will be a great help.
Please call 552-0240,
ask for Jim or Charlie.

**Tired of
our fabulous
city views?**

**Goat Hill Pizza
now delivers.**



Since 1975, Goat Hill Pizza has been serving our famous sour dough pizza right here on Potrero Hill. We now offer our some great fare delivered directly to your home or office. Whether it's o pepperoni pizza, o meatball sandwich, or posto, we now run it hot to your door. And, after all, the only thing better than hot pizza tonight is cold pizza tomorrow morning.

**Call today for a
Goat Hill Pizza
974-1303**

Goat Hill Pizza

Menu available at www.goathillpizza.com



Meet a couple of our best teachers.



At Children's Day School, we believe in giving kids the room and inspiration to grow. That's why we provide our preschoolers through fifth graders with one of the largest outdoor school spaces in San Francisco, filled with farm animals and an enchanting organic garden. It's the perfect setting for an educational program that is project-based, integrated across academic disciplines and grounded in the concept of social responsibility. Our curriculum instills a passion for learning and fosters an attitude of care for self, for others, for ideas and for the environment.

We invite you to meet our dedicated team of educators. To schedule a tour and to find out about our sliding scale tuition, call Aimee Giles at 415-861-5432.



An inspired community of learners since 1983
333 Dolores Street (btw. 16th & 17th), San Francisco
415-861-5432 / www.cds-sf.org

**ASK ABOUT
OUR PLANS FOR EXPANSION**
6th grade begins fall 2003.
7th grade begins fall 2004.
8th grade begins fall 2005.

5 Year Anniversary Party

YOU'RE INVITED | JULY 14TH, 2006 | 5-7pm

Our annual FREE TACOS and Jarritos (orange sodas) served curbside from Tonyense taco truck!

LIVE SALSA • FUN GIVEAWAYS • DRAWINGS

MANI | PEDITM

nail spa

5th Anniversary

SAN FRANCISCO'S FIRST AWARD-WINNING NAIL SPA

POTRERO HILL

"I Can't Believe It's Been 5 Years" Coupon

\$5 OFF
NAIL SERVICES*

*\$5 OFF Mani Pedi nail services when you spend \$20 or more!
Limit 1 per customer. Valid thru 8/31/06

1447 & 1501 20th STREET MISSOURI 401-MANI
See our monthly specials @ www.manipedi.com

"I Can't Believe It's Been 5 Years" Coupon

\$5 OFF
AIRBRUSH TAN*

*\$5 OFF a "Full Body" Airbrush Tan!
Limit 1 per customer. Valid thru 8/31/06

1447 & 1501 20th STREET MISSOURI 401-MANI
See our monthly specials @ www.manipedi.com

"I Can't Believe It's Been 5 Years" Coupon

\$5 OFF
MERCHANDISE*

*\$5 OFF any merchandise when you spend \$20 or more.
Limit 1 per customer. Valid thru 8/31/06

1447 & 1501 20th STREET MISSOURI 401-MANI
See our monthly specials @ www.manipedi.com

EXTENDED EDUCATION

california college of the arts
summer 2006

over 100 courses for adults, with
campuses in San Francisco and Oakland
day, evening, weekend, credit, and
noncredit classes

- | | |
|--------------------|--------------------------|
| art history | media arts |
| book arts | painting |
| ceramics | photography |
| computers | printmaking |
| drawing | professional development |
| fashion design | sculpture |
| graphic design | textiles |
| illustration | wood/furniture |
| interior design | writing |
| jewelry/metal arts | |

to view our catalog, visit
www.cca.edu/extended
or call 510.594.3710



Need to Know: A Guide to Neighborhood Web Sites

With the emergence of blogging, and as Potrero Hill's population changes, the number of web sites serving the community has exploded. Here are some of our favorites:

www.pier70sf.org/dogpatch: Find out about our historic Dogpatch neighborhood.

www.pier70sf.org: Read about Pier 70's past, present, and potential future.

www.potrerohill.biz: The Potrero Hill Association of Merchants and Businesses' members-only web site, with an open access, searchable database of neighborhood merchants. Buy local!

www.potrerohillsf.com: Provides tidbits about neighborhood goings-on, including commentary, historic photographs, and police reports.

www.potreroboosters.org: Serving Potrero since 1926, the Boosters keep an eye on local politics and community issues.

www.savewebster.com: A group of dedicated parents working to fend-off the potential closure of Daniel Webster Elementary School, and

make it a place we'd all be proud to send our kids.

www.sfpower.org: Find out what's going on with proposed new power plant and transmission projects, the Potrero Power Plant, and low- or no-cost ways to reduce your energy use.

www.stophelipad.org: If you're against helicopters landing on San Francisco General Hospital, this site is for you.

Other community resources:

www.islaiscreek.org: Privately-run site all about Islais Creek.

www.neighborhoodnewswire.com: Neighborhood news, including many pieces focusing on Southeast San Francisco.

www.parkscansf.org: News and reviews of the City's parks and playgrounds.

www.sfpl.org: 24/7 access to the San Francisco Public Library's online catalog, as well as a host of other resources and information.

Know of any interesting, community-serving web sites—just let the View know, and we'll list them in future issues!



Lisa's online banking

provides free day and night access to accounts

features a new design that's quick and easy to use

allows easy viewing of statements and check images

offers free Bill Pay so there's no need to write checks

means the bank is as close as a laptop or desktop.

Invest in you



For more information, visit us at unionbank.com.

Free Online Bill Pay for personal accounts only. Other charges, such as overdraft fees, will still apply. See our disclosure, All About Personal Accounts and Services Disclosure and Agreement, for complete details.

Visit us at unionbank.com

© 2006 Union Bank of California, N.A. Member FDIC 

Hill Resident Publishes Book on Film



Potrero Hill resident Judy Stone will speak of her experiences at the Potrero Hill Library. Photo by Celia Gilbert.

By Judy Baston

For nearly four decades longtime Potrero Hill resident Judy Stone has interviewed people who most of us know only through credits on a screen. As the San Francisco Chronicle's film writer from the 1960s through the 1990s, she interacted with directors, writers, and actors, and tried to serve as "a bridge between the filmmaker and the audience."

Stone has collected 138 of her articles in a newly-published book,

"Not Quite A Memoir...of Films, Books, the World." On Saturday, August 5 at 3 p.m., she'll share her experiences with the film world at the upstairs meeting room of the Potrero Hill Library, 1616-20th Street.

"Not Quite a Memoir" is Stone's second book of interviews; her first, "Eye on the World" was published in 1997, and contained only interviews with filmmakers. Stone's latest volume is broader in scope, including interviews with writers Amos Oz, E. L. Doctorow, Doris Lessing, and Jean Genet.

In her interviews, Stone wants to know how directors "were affected by their families, the Depression, the war (name a war), the Holocaust, the revolution (name a revolution), the blacklist, fascism, communism." But she's adamant that "what's not in the book is nobody's business. I wouldn't ask anyone about their sex life. It's just not anyone's business."

The most personal thing in the book, Stone tells The View, is the last article, "Encounter in Montenegro," an unpublished piece from 1959, "which indicates how I relate to people. It says something about me as a reporter."

Stone's interviews communicate

her genuine affection for most of the people with whom she talked, and most seem to trust her. Few ever asked to see the stories before they were published; one who did, Stone recalled, was Polish poet/essayist Czeslaw Milosz, whom she interviewed in 1981 for the New York Times. Because of concern for their safety, she "would show the story to interviewees from fascist or communist countries," she says.

"I learned a great deal in my interviews," Stone adds, "especially with filmmakers from Eastern Europe and Russia, to no longer succumb to myths about what life was like in communist countries, that was not always clear to left wingers in America."

Stone is the sister of the well-known crusading journalist I.F. (Izzy) Stone, who was 17 years her senior. "He is a tough act to follow and I don't try, but his influence is there," she wrote in the introduction to her 1997 book. She remembers that in her early career as a reporter for the East Bay labor newspaper group, Olympic Press, she wrote a story about the 1948 De Georgio agricultural workers strike and showed it to brother Izzy, who seemed less than enthusiastic. "I

never showed him anything again until after it had been published," Stone says.

Living quietly for the last four decades in her cozy Victorian on the Hill, Stone describes herself as "a very private person." It's clear that she moved to the neighborhood many years ago when she admits that she paid \$36,000 for her house. Even then, she recalls, "I used to be embarrassed when I told people how little I spent for it."

"I love this neighborhood," Stone emphasizes, "the Library, Klein's, Good Life, and all the great restaurants. And I especially love my neighbor, former Mayor Art Agnos, who is always picking up trash from the street."



WE'VE GOT IT ALL.

Classes & Workshops

Craft Gym
Heart of San Francisco Aikido
Joni Eisen
Metronome Dance Center
SF Center for the Book
The Voice Studio

Printing & Design

Big Think Studios
David Kerr Design
F Troop Design
Golden Dragon Printing
Sign-A-Rama

When you support your neighborhood businesses,
you help keep Potrero Hill a thriving and healthy community.

BUY
LOCAL

POTRERO
HILL

ARTS & ENTERTAINMENT

San Francisco Jewish Film Festival Opens in July

By Judy Baston

Beginning its second quarter-century, the San Francisco Jewish Film Festival will take place July 20-27 at the Castro Theatre, 429 Castro Street, San Francisco. This year the Festival will spotlight films that address the experience of an oft overlooked group, Ethiopian Jews. In addition to the closing night selection, "Live and Become," the Festival is screening David Gavro's "Sisai" and Haya Zalka's "Motherless Haya" (July 26 at the Castro), as well as hosting two panel discussions on the topic.

A number of Festival films focus on family relationships, two of which are particularly compelling. In "51 Birch Street" a son learns about his late mother -- and the realities of his parents' marriage -- by reading the journals she left behind; in "Local Call" a father makes collect calls to his son from the great beyond, enabling him to come to terms with the past.

"Yiddish Theater: A Love Story" captures one week in late-2000 when Yiddish theater veteran Zypora Spaisman was battling against both odds and dwindling audiences to keep her theater group alive. The film provides insights into the struggle between the older Yiddish theater pioneers and the younger generation who want to preserve Yiddishkayt in a more modern way.

Veteran Israeli filmmaker Amos Gitai will receive the Festival's Freedom of Expression award on Sunday, June 23, after which two of his films will be shown: "Free Zone" and "News from Home/News from House." While young Natalie Portman's role in "News from Home/News from House" may draw attention, it's her two middle-aged female co-stars, Israeli Hanna Laslo and Palestinian Hiam Abbas, who make this film one not to miss.

Festival showings will follow July 29-August 5 at The Roda Theatre (at Berkeley Repertory Theatre) in Berkeley; July 29-August 3 at the Mountain View Century Cinema 16 in Mountain View; and August 5-7 at the Christopher B. Smith Rafael Film Center in San Rafael. Ticket information is available from the Festival Box Office at (925) 275-9490 or online at www.sfjff.org



Hiam Abbas, Natalie Portman and Hanna Laslo take a journey together in Amos Gitai's "Free Zone," which will be shown as part of the Jewish Film Festival.

Michigan's Dabrye to Appear at Bottom of the Hill Club

Interview by Mia Quagliarello

"Dabrye" is Ann Arbor, Michigan, native Tadd Mullinix, who also records as James T. Cotton and SK-1. Dabrye is a made-up word, pronounced "dab-ree" or "debris." As Dabrye, Mullinix is a fast-rising hip-hop star. You may have heard his "Hyped-Up Plus Tax" in a commercial for Motorola. The affable Midwesterner is thankful he was able to contribute to the spot without feeling like a sellout: "My opinion is that if I don't do it, someone else will. It's a pleasure if I can reach more people and they feel it, then I'm happy." He'll be at Bottom of the Hill on July 21.

You were just on the covers of *Urb* and *XLR8R*. Why do you think people are being drawn to your music now?

Maybe because it's being put into the context which I've always been wanting -- a kind of hip-hop thing.

Yeah, your new album, *Two/Three*, is much more hip-hop-oriented than your earlier album, *One/Three*, so it sounds like that was a conscious effort.

Definitely -- I'd always wanted to work with emcees but I'd never been in touch with any, especially ones that I really liked. I got in touch with what was going on in Detroit and had the label contact emcees off a wishlist.

What was their response like?

I was really fortunate to get good feedback from pretty much everybody. I wanted get this [album] out with some well-established emcees and

some unknown emcees. I was choosing emcees whose work I was familiar with; I knew what kind of beats they were rhyming over in the first place. For example, Wildchild and a lot of the Detroit artists were used to a similar sound that Jay Dee and Waajeed had done, so I picked people that I really liked but also people who I knew would have good chemistry on the style that I'm used to.

In the past you've been labeled "glitch-hop." What's your reaction to that label?

I don't really know how that term came about, but to me it sounds like someone took two buzzwords and just put them together. It might reflect what some people are doing -- people who are doing the micro-sound stuff, sometimes they integrate a more downtempo feel -- but in general the term doesn't rub me the right way because I feel like it best describes other people's music.

How has being from Michigan/the Detroit area influenced you?

The sound of Detroit -- from Motown and soul to techno and of course Detroit hip-hop -- it's just an excellent environment, especially if you're at a younger age and listening to black radio on the weekends, you hear a lot of really good music. So I kind of connected with that in the first place. I first bought hip-hop records based on what I was hearing in the city. My skater friends and I would go to raves

a lot back when I was in high school, so that probably left a big impression on me.

If you could travel back to any musical era, which one would you go to?

Probably anywhere between 1978-'82; that's probably the heyday of the drum machine and synthesizer. These were new, exciting instruments, and you could tell people were trying to exploit them.

Have you been to San Francisco before?

Yeah, I love it. I'm wearing an Upper Playground shirt right now.

What do you like about the city?

I like the people, and I like the environment. I like the hills. You can tell there's emphasis on culture and art there, and those things are really important to me.

**Need An Extra Pair Of Hands?
Call the SF Day Labor Program!**



We always have workers available for moving, gardening, painting, housecleaning, & more!

We are a non-profit that connects homeowners and businesses with experienced laborers for temporary or on-going jobs.

Call during our office hours to hire workers for anytime! Minimum 3hrs/job

415 252-5375 or 252-5376

Mon-Fri, 7am-1pm. Sat, 7am-12noon

Women's Collective \$12.15/hr min.
Day Laborers Worker's Association \$15/hr min.

July Events Calendar

July 4

Music: Fatlip

Musically, the 4th is pretty quiet in the 'hood, with venues like Bottom of the Hill and Thee Parkside going dark for at least part of the long weekend. To get some beats before your fiery bursts, you'll have to head to Mezzanine, where Fatlip is headlining a late-afternoon show. Spin called his solo debut "one of the most surprisingly vital hip-hop records of the year," but the Pharcyde rapper isn't having it: self-effacement is a crucial part of his shtick. Mezzanine, www.mezzaninesf.com.

July 5

(Reception) Photography: 1906-2006 REBUILDING: THEN AND NOW

The most extensive collection of post-earthquake images of workers rebuilding San Francisco ever exhibited. See over 80 black-and-white photographs of the Bay Area's reconstruction following the 1906 earthquake and fire, as well as photographs of contemporary construction of buildings and bridges. Runs June 22-August 25, on the lower level of San Francisco City Hall. For further information, contact Joseph A. Blum, People and Work Photography, 415-648-0474, josephblum@comcast.net or www.laborfest.net.

July 7

(Opening Night) Theater: Lady Day in Love

Sultry, tragic songstress Billie Holiday is the focus of this play written by C.J. Verburg and featuring local jazz singer Kim Nalley. Includes 16 beloved Holiday songs, and runs July 7-August 12 at the Fellowship Theater Guild, 2041 Larkin at Broadway. Go to www.theatermania.com, or call 1-866-811 4111 for more details.

July 8

Community: Grand Re-Opening of Esprit Park

The park, one city block of Minnesota Street, between Indiana, 19th and 20th Streets, celebrates its grand unveiling after substantial renovations to its irrigation and drainage systems and the placement of new turf and plants. Several local residents fought for more than five years to ensure that the City purchased this plot from the Esprit Corp. Come toast their tireless efforts from 12-2pm; Supervisor Sophie Maxwell will speak at 1pm.

Music: Lilys

Philadelphia's Lilys can either worship at the altar of Ray Davies and the Kinks or gurggle like My Bloody Valentine minus the ear-splitting noise – either way, they're worth checking out. Human Television and LSD and the Search For God open. Bottom of the Hill, www.bottomofthehill.com.

Music: Slick Warped Tour Bash

Code 4-15, Claywheels, The Politicians, Dynamite 8 @ & Hudson Drags, Breakdowns, Civet, and Cheapskate celebrate the arrival of the Warped Tour to these parts. Better yet, it's a fraction of the price of the real thing (just \$10) and you don't have to contend with Hot-Topic-clad teens moshing on concrete piers. Thee Parkside, www.theeparkside.com.

July 9

Club: Second Sunday

When the weather's nice, there's almost nothing better than wiling away a Sunday afternoon at Kelly's Mission Rock. This summer-only monthly 10-hour house music marathon attracts good vibes, plenty of flesh-on-parade, passing nautical onlookers, and curious seagulls. For more info, go to www.2ndsunday.com.

July 16

Community: 20th Annual AIDS Walk San Francisco

Benefits the San Francisco AIDS Foundation and 43 HIV/AIDS organizations serving five Bay Area counties. Last year, AIDS Walk San Francisco 2005 raised more than \$3.6 million; help top that this year by registering at www.aidswalk.net.

July 18

Music: Nicolai Dunger

Some of his recent collaborators (Sufjan Stevens, Mercury Rev, Will Oldham) may have higher profiles, but this Swede is developing his own pastoral, soulful sound that's clearly descended from Van Morrison. Bottom of the Hill, www.bottomofthehill.com.

July 20

Music: Thievery Corporation

On CD, Thievery Corporation create exquisite, all-enveloping global-lounge atmospheres, so let's hope they fly in on a magic carpet and bring a hookah with some cherry tobacco to the otherwise cavernous and not-particularly-warm Concourse at 8th and Brannan Street. 21+ Up. <http://www.blasthaus.com/calendar.html>

July 21

Music: Dabrye

With his latest release, Two/Three, Dabrye moves away from the "glitch-hop" label (which he doesn't particularly care for) toward a more straightforward hip-hop approach. The Ann Arbor native brings a bit of hometown to SF in the form of guest star Kadence of the Abolitionist crew. Bottom of the Hill, www.bottomofthehill.com. (See our interview with Dabrye.)

July 21 & 28

(San Francisco dates) Music: Midsummer Mozart Festival.

North America's only all-Mozart festival goes for its 32nd season. Features renowned international pianist Andre Watts performing the Concerto for Piano Number 9 in E flat major. George Cleve conducts. www.midsommer-mozart.org or www.ticketweb.com.

July 22

Music: Harry and the Potters

When else will you get to see a rock band play at the library? The DeGeorge brothers make their only SF stop with their punk-rock band Harry and the Potters for a matinee show at the Koret Auditorium at the Main Library. Dressed as true Potter-ites, the brothers play songs like "My Teacher is a Werewolf" and "Gryffindor Rocks." Free and open to the public. For more information, call (415) 557-4277.

July 27

Music: The Buzzcocks

The legendary English punk band enters its third (non-continuous) decade, ready to bring classics like "Orgasm Addict," "Ever Fallen in Love?" and "What Do I Get?" to a new generation of fans (Nirvana's Kurt Cobain was apparently one). Mezzanine, www.mezzaninesf.com.

Want to tell us about your arts and entertainment-related event in Potrero, SOMA, Dogpatch or Mission Bay? Is there a show, reading, play, or an exhibition that your neighbors just shouldn't miss? E-mail potrero_view_arts@yahoo.com or editor@potteroview.net.

A+M

When two top agents combine their talents...

= YOU BENEFIT!

You get our total **36** years of experience – plus our complete attention to every detail of the sale or purchase of your home, **7** days a week.

We love what we do, and it shows in the results we get. When you work with us, we listen to your needs and our marketing plan gets you the best possible price.



ANGELA RUBIN
RESIDENTIAL BROKERAGE
25+ YEARS OF EXPERIENCE

415.447.6210
arubin@pacunion.com

MARIANNE SCHIER
RESIDENTIAL REAL ESTATE SPECIALIST
10 YEARS OF EXPERIENCE

415.345.3169
mschier@pacunion.com

PACIFIC UNION

38 Bryant Street, San Francisco, CA 94105
www.pacunion.com

When your home is on the market, it is available every day of the week – and so are we. Together, we tackle each client's needs with seasoned confidence and fresh enthusiasm.

WE PROVIDE OUTSTANDING SERVICE AND WILL WORK TO MAKE YOUR BUYING OR SELLING EXPERIENCE STRESS-FREE!

So whatever your need – call us today!
We'll make sure you get the best teamwork this beautiful city has to offer!



Don't Want to Move a Muscle?

Have the View delivered to your home!

Just \$25 a year

Call us at 415.626.8723 for a subscription, or mail your check, with complete address information to:
The Potrero View, 2325 Third Street, Suite 344, San Francisco 94107

got STRESS?

Acupuncture can help you relax!

- Reduce Stress & Anxiety
- Improve Memory & Concentration
- Increase Energy & Improve Sleep

Get your 4th visit FREE with this ad!



American College of Traditional Chinese Medicine
450 Connecticut Street, San Francisco, CA 94107
(415) 282-9603 www.actcm.edu

Potrero Chiropractors

Neck, Back, & Headache Pain Relief Center
chiropractic - massage - acupuncture - nutrition

**Need pain relief for an
accident or injury?**

**Let us relieve your
neck, back, and
headache pain
naturally!!**

visit our website:
www.PotreroChiros.com

415 431 7600 - 290 Division Street - Suite 400
San Francisco



Waxing by Tracy Ngo

High quality professional services

- skillful
- hygienic
- gentle
- relaxing

phone (415) 621-4011 ext 8
cell (415) 350-4861

Open 6 days a week

Tuesday - Friday 10 am - 7:30 pm
Saturday & Sunday 9 am - 5 pm

Hair Help Salon, Inc.

1756 - 18th Street, San Francisco

Superior Service
Guaranteed



CELICA SALON
Your Auto Specialist Since 1979



**Full Service on all Japanese Cars,
VWs & Imported SUVs.**

415-647-2355

2233 Harrison St./18th • Shuttle to BART • www.celicasalon.com • Mon-Fri, 8am - 6pm

THE SMART ALTERNATIVE.®

- Reliable, clean vehicles
- Low rates- Daily, weekly, monthly
- Locally owned & Family Operated
- Open 7 days a week



(415) 282-6293
2955 3rd street
Between Cesar Chavez
and 25th street

Free pick up in
Potrero Hill!

Great Food
Affordable Prices

KLEIN'S
Delicatessen & Catering

501 Connecticut St. (@ 20th), San Francisco, CA 94107
Discover a Potrero Hill Tradition • Let Us Fax You Our Menu
Gourmet Sandwiches • Party Trays • Homemade Salads
Hors D' Oeuvres • Box Lunches

Phone Orders **821-9149** • Fax Orders **821-0518**
www.kleinsdeli.citysearch.com
OPEN 7 DAYS

Enola Maxwell Middle School Holds Its Last Graduation Ceremony

By K. Jackson

Emotions were mixed on Wednesday, June 14, 2006 when the Enola D. Maxwell Middle School of the Arts held its 8th grade graduation ceremony. Fifty middle school students were awarded diplomas at the school's final ceremony. After thirty-five years serving the Southeast San Francisco community, the Potrero Hill Middle School/Enola D. Maxwell is now officially closed.

Jack Jacqua, who was part of the Middle School family for 15 years and founder of The Omega Boys Club, delivered the keynote address. Jack highlighted Enola D. Maxwell's legacy – her commitment and dedication to Potrero Hill and the middle school's cultural diversity. "Enola Maxwell lives in each student on such a momentous occasion – The Finale." Jacqua spoke also of teacher Tony Alvite; his passion, love and dedication to his students. A portrait

of the late Alvite, who died in 2005, hopefully will remain on the outer walls of the building. Finally, Auntie Marsha Sims – another Potrero Hill mainstay -- spoke about the loss of the school and praised the graduating class.

MUNI PASSES AT NABE

Muni passes are available at
The Neighborhood House
953 De Haro Street
Monday - Friday
10 a.m. to 4 p.m.

Senior & Youth Pass: \$10
Adult Pass: \$45

For information call 415-826-8080

GARDENING & LANDSCAPING
Yard Cleaning • Hauling
Tree Care

Phone (415) 810-6807
Pager (415) 597-1889

.SUNNYSIDE.

AUTOBODY SPA

We specialize in ...

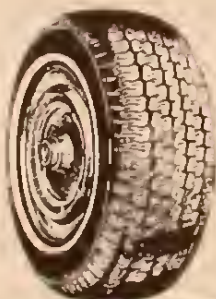
- Collision Reconstruction
- Expert color matching
- Frame repair & alignment
- All makes & models

Hours: Mon – Fri 8am – 5pm

375 Vermont St. @ 17th Street

415-252-7790 Fax (415) 252-0987

TIRE SALE HANKOOK SUPER VALUE RADIALS



835

- P Metric, 75 and 80 Series.
- A smooth riding, all season tire with a great warranty

UNBEATABLE PRICE!

P155/80R13

\$34.95

whitewall

60,000 MILE LIMITED WARRANTY!

GREAT PERFORMANCE!

- Road Hazard Warranty
- Free Replacement Limited Warranty
- 320 BC Rated
- FREE TIRE ROTATION

Leo's Tire & Brake

2230 3rd. Street, San Francisco

Hours: M-F 8-6

Phone: 861-4300

- ALIGNMENTS
- BALANCING
- TIRE CHAINS
- WHEELS

Proven #1 On Potrero.

Trust your real estate transactions
To the #1 Agent on Potrero Hill

Susan Olk has specialized in Potrero Hill property sales for 25 years. A Certified Residential Specialist with a proven record, she is one of the industry's top 4% performers and has sold over 400 properties in her 27 years of experience. Call on the best in listing, selling, investment, and marketing.

JUST SOLD !!!



1019 Kansas @ 22nd Street
Listing Price: \$929,000

Three bedrooms, three baths, living room with bay windows, brick fireplace, hardwood floors, formal dining room, kitchen with stainless steel appliances, granite countertops, and tile floors.



1129 Carolina @ 23rd Street
Listing Price: \$649,000

A picturesque garden/yard in the front leads to the two bedroom home with a foyer, living room with wood-burning fireplace and large windows that allow for expansive views to Twin Peaks! Kitchen has a dining area, bedroom and full bath plus office space on main level. Stairs down lead to master bedroom and bath, with French doors that open to brick courtyard.



880 Wisconsin @ 22nd Street
Listing Price: \$749,000

This home has two bedrooms at the back, a large kitchen with a dining area, a living room with a wood-burning fireplace, and a full bath. It has a large garage with parking for one to two cars.

Call Susan
today!

Susan Olk, CRS
415.552.0129 x155

SusanCRS@aol.com
www.susanolk.com



We've freed up the rest of summer for you.



Join Today
And Enjoy
July And August
FOR FREE*

Curves is a great place to lose weight, get fit and have fun this summer. And now you'll only have to spend 30 minutes (and a lot less money) to do it. You'll just hate to see summer go.

Join us for an
OPEN HOUSE
to celebrate our new
owner's 1st year in business.

Saturday July 8th
8:00 a.m. — 1:00 p.m

Games, prizes and
sign-up specials!

598 Vermont Street
at 18th Street.

Call 415-522-1490 for
more information.

**PLENTY OF FREE
PARKING!**

Curves

The power to amaze yourself.*

*Offer based on first enrol. limit. minimum 32 min. c.d. program. Service fee paid at time of enrollment. Not valid with any other offer. Valid only at participating locations through 8/26/2006 ©2006 Curves International

curves.com



725 Carolina Street
Asking \$1,279,000

Stunning, top floor, 3 bedroom, 3.5 bath
condominium. New in 2004! Four decks with
downtown views! 1-car parking plus storage.



658 Missouri Street
Sold

Lovely 3 bedroom, 2 bath, top floor
condominium. Bay views, roof-top deck,
1-car parking plus storage. Private sale.



636 Wisconsin Street
SOLD \$1,049,000

Bright north slope home. Steps from
20th St. shopping. Formal living room,
dining room, sunswept yard and views!

We are POTRERO HILL

- Consistently Potrero Hill's #1 selling team
- Over one quarter Billion dollars in San Francisco sales
- 33 combined years specializing in Potrero Hill property
- "On the Hill to Serve the Community Better"
long before it was pricey or hip

FORD
REAL ESTATE
a Zephyr Real Estate company

1542 20TH STREET AT CONNECTICUT / SAN FRANCISCO, CA 94107



REBECCA & MATTHEW

experienced | principled | connected

Matthew
824.7200 x113

Rebecca
824.7200 x111



Organics Increase Demand for "Mano de Obra"

By Liz Fox

Special to the Neighborhood Newswire

One morning in 1979 Phil Coturri needed an extra hand at his fledgling vineyard management company. He did the usual, and hired a worker's uncle who'd recently crossed the U.S.-Mexico border. "It was just meeting a day laborer at a Seven-Eleven," Coturri said. "And the Santoyos have been with me ever since." The new worker was Tiburcio Santoyo. Soon after, Tiburcio's brothers Arcadio and Victor and

sons Miguel and Alberto came to work for Coturri.

The straight-shooting employer admits he's part of the immigration problem: most of his 20 full-time and 25 seasonal workers first crossed the border illegally. Many have since become U.S. citizens, but hiring illegal farm workers is the norm in California. Researchers estimate that 75 percent of the state's farmhands live and work in

California illegally.

Because Coturri's operation is organic, he needs more workers than a conventional farm manager. Without chemicals, Coturri and his employees pit bug against vine-destructive bug, low-growing clovers against thorny weeds, and mechanically remove biological invaders. In the end, organics translate into more "mano de obra," or hand labor, by California's farm workers, 99 percent of whom come from Mexico.

With such a dependence on foreign labor, California agricultural employers and workers alike could feel the pinch if and when the U.S. House of Representatives and Senate finally reconcile two versions of immigration reform bills, both of which would limit who could work in the state's fields.

That makes Coturri worry. "We can't

survive without (immigrants)," he said. The general public and politicians "are going to have to come to grips with this." Coturri credits Mexican farm workers with helping him shun chemical pesticides, herbicides and fungicides — save for an organic-approved sulfur.

Workers like Tiburcio's son Miguel, who first picked grapes 1981 when he was 17 years-old, displayed an agility with vines and meticulous attention to detail that Coturri said he can't find in white workers. Most importantly, "you have to have a passion for growing things, and for the most part these (Mexican) people do," said Coturri, who started working in his father's conventional vineyard when he was 14 years-old.

(Continued from page 15)

BEFORE THE REMOTE CONTROL



THERE WAS SOMETHING CALLED A BOOK.

If you're tired of so-called reality TV, come visit a different world: Christopher's, your corner bookstore. At Christopher's we take pride in selecting books our neighbors will enjoy. We stock everything from children's books to the latest bestsellers, from travel books to unique published oddities. So when you're ready to put down the remote, stop in and look around. We may not eat live bugs, but we can recommend a great escape from television.

Christopher's
BOOKS
— Since 1991 —

Missouri at 18th Street, OPEN EVERY DAY: 10am-10pm 255-8802



LIVE OAK SCHOOL
Summer Oaks 2006

June 19 - August 11: Eight Week Program Lower School
Kindergarten and First Grade Themes:

Frogs & Toads, Super Kids, Undersea Adventure and Magical Creatures

Classes for Second to Fifth Grade

Math Mystery, Science, Spanish, Music, Drama, Dance, Poetry, Sports, Cooking with Chemistry, Art and Crafts.

June 19 - July 28, Six Week Program Middle School

Classes for Sixth to Eighth Grade

Drama, Dance Theater, Spanish, Learn to be a Chef, Sports, Art, Babysitting/CIT, Math Review, Reading Workshop and SSAT Prep. Classes will include academic enrichment and support balanced with summer fun. You get to choose your classes! Sign up by the class for one to eight weeks part-time or full-time. \$50 non-refundable deposit to reserve space each week.

Session Times:

Morning Session - 9:00 a.m. to 12:00 p.m. Lunch Break - 12:00 p.m. to 12:30 p.m.

Afternoon Session - 12:30 p.m. to 3:30 p.m. (Kindergarten and First grade runs from 9:00 a.m. to 3:00 p.m.)

Extended Care offered from 8:00 a.m. to 9:00 a.m. and from 3:00 p.m. to 6:00 p.m.

LIVE OAK SCHOOL 1555 MARIPOSA STREET SAN FRANCISCO, CA 94107 415-861-8840

POTRERO HILL REAL ESTATE

Now Available

Sparkling Bay Bridge Views!

460 Vermont Street

Nicely updated single family home with downtown and Bay Bridge views! Spacious living room, dining room and breakfast room, 2 bedrooms and 2 baths including a lower-level master suite and bonus family room. 1-car garage plus storage; sunny walk-out patio! A fantastic value in our red-hot market!

For more information, please call me direct at 338-0161

Properties Coming Soon:

- Spacious 3-bdrm, 2-bath condo with fantastic western views!
- Home with garden work studio, 2-bdrms and 1-bath.

Call for details!



Melinda Lee

POTRERO HILL SPECIALIST

For The Best of Potrero Hill

Call (415)338-0161

**COLDWELL
BANKER**

EXPERIENCE & EXPERTISE GO HAND-IN-HAND

HYBRIDS MAY BE THE BUZZ OF THE AUTO-INDUSTRY THESE DAYS BUT REAL ESTATE IS NO STRANGER TO THE CONCEPT.

When it comes to buying a property, the most basic choices you have to consider are generally pretty cut and dry. You buy a residence and you get a place to live. You buy commercial space and you have a place of business to set up shop.



This completely renovated Edwardian on the corner of Vermont and 18th Streets does exactly that, in dramatic fashion.

With a **two story residential unit sitting atop a prime commercial storefront**, this building offers a golden opportunity to get in on the ground floor of an up-and-coming neighborhood.

"This property represents so many tremendous opportunities in one place" says Don DeFranco of Pacific Union Real Estate. **"It provides the ultimate flexibility in terms of how you choose to approach financing and ownership. Plus it gives you options to fit your current lifestyle as well as grow into the future."**

"For the home-based professional running their business out of a home office, this building lets you graduate to the next level. You can occupy the entire building, setting up shop downstairs for the shortest commute in the city, while giving your business image a boost with a real commercial office space."

From its prominent perch overlooking the city, the upper residential Penthouse offers a **360° panorama** that sweeps the city skyline from Twin Peaks and The Golden Gate to Downtown and The Bay Bridge.



The dramatic **2 level penthouse** features **3 bedrooms, 2.5 baths**, a large living room with maple floors, wood-burning fireplace, separate dining room and renovated kitchen. **\$1,495,000**

Yet another option presents itself for a buyer to complete the condo conversion process that has already been started by the current owner. This adds tremendous flexibility for the real estate investor or owner/user.

The highly visible corner storefront gallery is approx 1000 ft with a very usable 1000 ft basement and rear yard/parking pad. It is currently rented month to month by a fitness center.

This entire property has been significantly upgraded and renovated by its current owner and is in excellent condition.



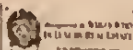
DON·DE FRANCO

G R E A T U R B A N E S T A T E S

415 722-7259 www.dondefranco.com

BUYING OR SELLING. EXPERIENCE COUNTS.

**PACIFIC
UNION**





GETTING INVOLVED

Dogpatch Neighborhood Association usually meets the second Tuesday of each even-numbered month at 7 p.m., at 950 Tennessee Street. Next meeting: Tuesday July 11.

PHAMB (Potrero Hill Association of Merchants & Businesses) meets the second Tuesday of each month at 10 a.m. at Goat Hill Pizza, corner of Connecticut and 18th Streets. Visit www.potrerohill.biz or call 415-341-8949. Next meeting: July 11.

PHPA (Potrero Hill Parents' Association) To join the PHPA listserve, send an e-mail to phpa-all@yahoogroups.com.

Potrero Boosters Neighborhood Association meets the last Tuesday of each month at 7 p.m. (social time starting at 6:30 p.m.) in the wheelchair-accessible Game Room of the Potrero Hill Neighborhood House, 953 De Haro Street. For more information visit www.potreroboosters.org or call President Tony Kelly at 341-8040 or e-mail him at president@potreroboosters.org. Next meeting: July 25.

Potrero Hill Garden Club usually meets the last Sunday of the month at 11 a.m. for a potluck lunch in a local home or garden. Informal discussion will be held on a variety of subjects relating to organic, edible, or ornamental gardening appropriate for Potrero Hill's particular mini-climate. Call 648-6740 for details. Next meeting: July 30.

ROSES (Residents of the Southeast Sector) meets the first Thursday of each month with members of the S.F. Police Dept. to discuss issues of public concern. The Forum takes place at 7 p.m. in the community facility downstairs at 1800 Oakdale at Phelps. Refreshments served after the meeting. Next meeting: July 6.

Starr King Openspace Board of Directors meets the third Tuesday of each odd-numbered month at 7 p.m., Potrero Branch Library, 1616 20th Street. Next meeting: July 20. Volunteer for the Park work days continue every month on the third Saturday, 9 a.m.-1 p.m. Mail: Starr King Park, P.O. Box 880293, S.F., CA 94188-0293. Call 810-4900 for more information.

Start your Bachelor's Degree at City College of San Francisco



Claudia Zongoro
is transferring as a Business major to San Diego State University.



Patrick Ifesinachi Emelife, majoring in Biochemistry, is transferring to Stanford University in Palo Alto.



We Did!

Robert S. Eshelman
will be studying History and languages at New York City's Columbia University.



Phoenix Peilian Li
will be transferring as a Business major to UCLA.



Fall 2006 credit and FREE Noncredit courses begin Wednesday, August 16th.

Day, evening, weekend and online credit classes are just \$26 or less per unit for all California residents. Financial Aid is available for all eligible credit and noncredit students.

Don't Delay! Apply online now for admission and financial aid at www.ccsf.edu



SHOWPLACE SQUARE
Create-a-Space
For Lease
1301 17th Street
Approx. 7700 sq ft

NOB HILL RESTAURANT
For Sale
1001 California Street
Approx. 9350 sq ft



CLASSIC DOWNTOWN OFFICE
Small Office Spaces
For Lease
22 Battery Street

We exclusively represent more than 68 buildings. Do you have a vacancy? **Starboard TCN Worldwide Commercial Real Estate** can help. Contact me for a *free consultation*.

Orette Patrick-Brodrick
415.477.8463
orette@starboardnet.com
<http://orette.starboardnet.com>



STARBOARD TCN
WORLDWIDE COMMERCIAL REAL ESTATE
California Dept. of Real Estate License # 01103056

Keep Your Life Balanced!

Stay Healthy with Our Low-Cost Community Clinic

- Low Income & Student Discounts
- Acupuncture
- Chinese Herbs
- Shiatsu & Tui Na Massage

American College of Traditional Chinese Medicine
450 Connecticut Street, San Francisco, CA 94107
(415) 282-9603 www.actcm.edu



99 MISSOURI STREET @ 17TH • 415.433.2724 • WWW.ARCHSUPPLIES.COM

STORE OF THE ARTS

ARTIST & DESIGNER'S SUPPLIES AND TOOLS

FANCIFUL GIFTS & TOYS

MON-FRI 9-6 • SAT 12-5 • FREE PARKING



SAN FRANCISCO AUTO REPAIR CENTER

(415) 285-8588

OPEN 7 DAYS A WEEK

Smog Check & Repair Available 7 Days

FOREIGN AND DOMESTIC AUTO REPAIRS

OFFICIAL CALIFORNIA SMOG STATION

12 MONTH WARRANTY ON ALL REPAIRS

Free Shuttle Service to & from BART, Downtown & Nearby Neighborhoods ♦ Basic Auto Repair Classes ♦ "Do-It-Yourself" Membership Available ♦ Dependable, Guaranteed Work at Honest Prices

Used Car Prepurchase Diagnostic Inspection Service

Emissions Systems/Smog Test Failure Diagnosis & Repair

Tune Up/Lube Service/Regular Maintenance

Cooling Systems • Radiators • Overheating

Timing Belts • Brakes • Clutches • General Repairs

Air Conditioning/Heaters • Check Engine Light

Electrical Problems/Rewiring/Short Circuits

Windows/Doors/Vandalism Repairs • Four-Wheel Drive Service

Struts/Shocks/Suspension/Steering • CV Joint & Axle Service

Computer Diagnostics • Driveability Problems

Engine & Transmission Rebuilding & Replacement



since 1978

(415) 285-8588

611 FLORIDA STREET (Near 18th), S.F., CA 94110


Between Harrison & Bryant Streets

All Major Credit Cards & ATM Accepted




\$ 10
OFF

SMOG INSPECTION



FREE
BRAKE
& SAFETY
INSPECTION

(\$56 Value)



\$ 10
OFF

OIL CHANGE

Advertise in the View

There's no better way to reach Dogpatch, Mission Bay, Potrero, and even South-of-Market residents.

Contact us for rates and ad placement
415.626.8723 • office@potreroview.net

Potrero Hill & Mary Lace. Rock Solid.

The Hill's Real Estate Specialist Since 1982.

- Lives on Potrero Hill and Loves It
- Knows and Cares about Your Community
- Knowledge, Experience, Reputation
- Ask your Neighbors about Mary Lace



MARY LACE
415.229.1357
saleslace@aol.com
marylace.com

If you are considering a home purchase or thinking about selling your home, call Mary Lace, Potrero Hill Specialist, to discuss your real estate needs.

Visit Mary's website at www.marylance.com for more real estate information.

Potrero Police Blotter

Wednesday, May 31, 2006, 6:30 PM, Cesar Chavez and Pennsylvania, Assault with Paint Ball Gun (case # 060577629): The victim told responding officers that he was driving on Cesar Chavez with his window down when he suddenly felt something hit his left eye. Officers noted that the inside of the victim's car was coated with pink paint. The victim's left eye was swollen shut and he could not drive.

Thursday, June 1, 2006, 11:30 PM, 1400 block of Kansas, Robbery with firearm (case # 060582286): The victim was sitting with a friend in her car on the 1400 block of Kansas; the victim had his door partially propped open. All of a sudden the suspect opened the door completely and pointed a semi-automatic pistol at the victim. The suspect then demanded the victim's money. The victim was so paralyzed with fear that he just sat there and did not respond. The suspect then went into the victim's pockets and backpack and took his cell phone and wallet. The victim noted that there was a second suspect that

was standing by, possible as a lookout. The suspects then ran off east bound on 26th.

The suspect with the gun was described as an African American male in his late teens, 5'8" and 135 pounds. He was wearing a brown zip up hooded jacket, blue green knee length shorts and blue shoes. The other suspect was also an African American male in his late teens, 5'10" 150 pounds.

Sunday, June 4, 2006 12:30 AM, Kansas and 22nd, Robbery (case # 060589981): The victim was standing on the corner of Kansas and 22nd when she was approached by a 2 door dark car. The passenger of the car got out of the car and started talking to the victim. Without warning, the passenger grabbed the victim around the neck and held a sharp object, possibly a knife to the victim's throat. The passenger then told the victim to leave her purse and to leave. Fearing for her life, the victim dropped her purse and ran off as soon as the passenger let her go.

The driver is a Hispanic male,

20 years old, 5'10" and a slim build. He had a mustache and was wearing a black beanie cap. The passenger was a Hispanic male, 20 years old, 5'10", 220 pounds. He was wearing a black baseball cap with "SF" in white writing on the front. And a black jacket with "415 Frisco," another name for the San Francisco branch of the Hell's Angels, on the back.

Sunday, June 4, 2006, 7:05 PM, 16th and Kansas, Driving under the influence (case # 060592611): Sgt. Pate observed a vehicle skid out of control while driving north

on Kansas. He was finally able to stop the vehicle at 8th and Brannan. Both the driver and the passenger were very intoxicated. A DMV check on the driver revealed that his license was suspended. The driver was given a choice of blood or breathalyzer test, but insisted on urine which is no longer an option. The driver's blood was drawn at Mission Station prior to being booked at county jail for driving under the influence and driving with a suspended license charges. The passenger was booked at county jail for being drunk in public.

**Vince
Lateano
and
Friends**

4 - 8 pm • \$5



Sunday Jazz at the Dogpatch
DOGPATCH SALOON • 3RD ST. AT 22ND

ON SALE
...at The Good Life Grocery



Clover Dairy
Organic Milk Quarts
12 oz - reg 2.35
\$1.99



Organic
Half &
Half
16 oz - reg 2.49
\$1.79



Clover Dairy
Lowfat Yogurt
all flavors
8 oz - reg 89¢
59¢



Stacy's
Pita Chips
all flavors
6 oz - reg 3.69
\$2.99



Organic
Chocolate
Milk
32 oz - reg 2.79
\$2.39



Celestial Seasonings
Herbal Teas
20 ct - reg 3.19
3 for \$6

10 for \$10

Lundberg Farms
Rice Cakes
8.5-10 oz - reg 2.39
3 for \$5



Barbara's
Cheese Puffs
all varieties
5.5-7 oz - reg 2.49
\$1.99



Glacéau
Vitamin Waters
all varieties
20 oz - reg 1.49 +CRV
59¢

Ben & Jerry
Ice Cream
All Flavors
16 oz - reg 3.99
2 for \$5



Crystal Geyser
Sparkling
Mineral
Water
33.8 oz - reg 1.19 +CRV
79¢



Alpine
Spring
Water
1.5 liter - reg 89¢ +CRV
59¢



Capricorn Coffee
Organic
Fair Trade
Dark French Roast
Coffee Beans
16 oz - reg 8.99
\$6.99

Store Hours:
8:00 am - 8:00 pm
Every Day!

Sale Prices effective
July 1 - July 16, 2006

We Accept
ATM Cards
Discover Cards
MasterCard & Visa
Cash & Checks
Elec. Food Stamps & EBT



**The
GOOD LIFE GROCERY**



1524 Twentieth Street • Potrero Hill • San Francisco • 94107

Green Spaces

(Continued from page 1)

11 acres, including Esprit Park, Edgehill Mountain Open Space, Bessie Carmichael Park, McLaren Park extension, Perry Park, Page Street Gardens, Portola Park, Page Street Community Garden, Hayes Green Park, and Roosevelt and Henry Open Space.

The Fund has been budgeted \$29 million in the current fiscal year, which includes funding for administrative staff and 82 gardeners. However, the Open Space Fund is not exclusively responsible for maintaining all of the City's 3,400 acres of open space. The General Fund also pays for gardeners and park staff. In the current fiscal year, General Fund monies are paying for 68 full-time gardeners, at a cost of almost \$11 million. Yet, even with upwards of \$40 million spent on open space acquisition and maintenance there's still more to be done.

"One of my issues around acquisitions is that we never get the resources to manage the space along with the space itself," added Petrucione, "The Recreation and Parks Department adds areas, but doesn't receive the operating dollars to manage the property, which is a significant issue to me from a budget perspective."

Petrucione did note that, while no concrete steps have been taken to implement the idea, SFPR is exploring expanding development fee exactions beyond the downtown core.

While development fees are commonly assessed in the fast growing Central Valley, they are less commonly used in Bay Area cities. Oakland funds open space in a similar fashion as San Francisco; while San Jose has a sophisticated system of development fees and other assessments.

The City of Oakland funds green space through a parcel tax, with a goal of achieving four acres of open space per 1,000 people. According to Oakland's 1996 Open Space Conservation and Recreation Plan, the City has 1.33 acres per 1,000 residents of local-serving parkland (parks which meet the recreational needs of the community), and a total of 8.26 acres of parkland per 1,000 residents based on all the City's green space, regardless of ownership or use.

While Oakland requires developers to

provide additional open space for larger projects, usually 400 units or more, the amount of space required is not set. "I generally don't think our system's working as well as it could be," said Scott Miller, Zoning Manager for Oakland's Community and Economic Development Agency. "The city has decided to have a limited approach related to development fees. The city could create a per unit fee for small projects devoted to a fund for upkeep of existing parks or creating parks in areas that were identified to be in deficiency in the open space element."

The City of San Jose has a clear, assertive open space management plan. "The city was smart enough to set-up new taxes on conveyance of property and new construction," said Dave Mitchell, Parks Planning Manager, San Jose Parks and Recreation, "It's the major source of funding for city-wide and regional parks in our system."

San Jose's imposes a Construction Tax fee of \$150 per single-family unit, \$82.50 per multi-family unit, and \$0.08 per square foot for commercial/industrial buildings. In addition, the Conveyance Tax rate is \$3.30 for each \$1,000 of property value sold. San Jose also generates funds for acquisition and development of new neighborhood parks through the Parkland Dedication and Park Impact Ordinances, which assess a fee that ranges between \$3,550 and \$9,400 per single-family unit, depending on the project's location.

"This is the first year that I worked here that Park Impact and Parkland Dedication Fees are going to reach over \$11 million," continued Mitchell, "It's been a banner year for housing construction in the city."

While San Jose is celebrating its forethought of combining housing construction with required park development, some San Franciscans are censuring their own City's nearsighted planning arrangements.

"It is a disgrace that we are building new neighborhoods like Rincon and yet have not required a park," stated Isabel Wade, Director of San Francisco Neighborhood Parks Council, "These new developments, which comprise a neighborhood, get away with balconies and rooftop gardens — hardly a place to walk the dog, throw a Frisbee or even picnic."

Considering it took the Open Space Fund 30 years to acquire 100 acres of open

space, Wade further explained that the "best," "cheapest," and fastest way to obtain open space is to reclaim already public lands. According to the Department of Public Works, there's an estimated 400 acres of open space captured by street-end right of ways and median islands around San Francisco, some of which have become green spaces — such as urban gardens — through community action. There's also open space potential at school facilities. Between the streets and the schools alone the City owns a significant amount of idle space that could be used for new parks.

Wade is not the only person who's concerned about the lack of green spaces in San Francisco. "We are surrounded by numerous well-established city, county, state and national parks; and, many acres of 'brownfields' or other parcels that could be used for parks and other open-space or green-space," said Mark Walther, who serves as a community advisor to GreenTrust, a new initiative to create more open space in and around Potrero Hill's Dogpatch neighborhood. "However, we are of the opinion that for a majority of the population in the city and county of San Francisco, there is insufficient publicly accessible 'green-space.'"

As parkland managers, environmental groups, and concerned citizens recognize weaknesses in San Francisco's open space system, the momentum for change is accelerating. There's currently a push to get an open space charter amendment on the ballot, which would create an Open Space Acquisitions and Park Renovation Fund and fix a base annual funding level for the Recreation and Park Department. As a result of these efforts San Francisco's green spaces may finally receive enough green to make sure they're well maintained and abundant.

Approximate Acreage Of Open Space Per 1,000 Residents in Various California Cities (*The national standard is 10 acres per 1,000 residents*):

San Francisco:

7.7 total acres/1,000 residents, including Golden Gate Park, the Presidio, and other areas managed by the Port Authority, Public Utility Commission, MUNI, the Department of Public Works, and San Francisco Recreation and Parks Department.

5.2 acres/1,000 residents under San Francisco Recreation and Parks Department jurisdiction.

San Jose:

18.9 acres/1,000 residents, including all public lands.

1.2 acres/1,000 residents, including just neighborhood/community parks.

0.4 acres/1,000 residents of golf courses.

Oakland:

8.26 acres/1,000 residents, including all park acreage.

1.33 acres/1,000 residents, including just local-serving parks.

San Diego:

18.4 acres/1,000 residents, including all public open space.

11.4 acres/1,000 residents, including just local-serving parks.

Santa Cruz:

36.4 acres/1,000 residents.



Heart of
San Francisco

Aikido

a non-competitive martial art
for the mind, body and spirit.

Visit our website or call to come
watch a class and see

The Art of Conflict Resolution

ph: 415-643-8407

2565 Third Street #309

San Francisco, CA 94107

www.heartaikido.com

POTRERO-HILL.COM

Buy a House—Sell a Home—Shop 18th Street

yogasita

P O T R E R O H I L L
your neighborhood yoga studio
1501 mariposa at arkansas, 3rd floor
(next door to live oak school)



hatha yoga classes seven days a week. workshops.
immersions. teacher training. advanced studies.
kirtan. yoga for seniors. children's classes this fall.
come meet our new teachers.

www.yogasitasf.com

415-864-7482

Organics Increase Demand

(Continued from page 15)

Miguel Santoyo, now foreman, oversees the jobs he used to do: grafting, weeding, tilling, spading, planting cover crops that return nitrogen to the soil, mowing, spreading compost, pruning, training and tying vines to trellises, and landscaping to manage drainage and erosion. Every day he carefully tracks who did what on each square inch of land to fulfill California Certified Organic Farmers' requirements.

"I couldn't exist without him," Coturri said.

Across Sonoma County, which Coturri dubs "ground zero" of the organic movement, the number of new farmhand jobs mirrors the industry's growth.

From 2001 to 2005 the County's farm worker employment jumped by 64 percent, from 1,180 to 1,840 jobs, according to federal labor data. Likewise, the number of registered organic vineyards increased by 63 percent during the past seven years, from 16 in 1999 to 26 today, according to County agriculture data.

"Common sense would tell me that there probably is a connection there," said Stefan Parnay, Sonoma County Chief Deputy Agriculture Commissioner. In general, the number of organically-farmed acres he regulates grew by more than 50 percent between 2001 and 2004.

When new workers arrive, most from conventional avocado farms in Michoacan, Mexico, "they don't know the difference between organic and non-organic," Santoyo said. "What they want is to work."

But they welcome the cleaner working environment, as did Santoyo himself, he said. Santoyo doesn't worry that employees will misread pesticide labels or expose their families to their chemical-laden clothes, he said.

For Coturri, it's a no-brainer. "My guys, we're touching these plants constantly," he said, sinking into cumulus cloud-like mounds of freshly spaded soil between rows of trellis-woven vines. "Who wants

to (touch) something that's chemically treated?"

But the cleaner environment for workers costs more because of their extra labor, which accounts for an annual \$670 per acre - or 37.5 percent - cost increase over conventional wine-grape production, according to a UC Berkeley study.

Coturri turns a profit, though, by maintaining an expansive clientele that pays a premium for the organic label, and by spreading his fixed costs over 400 acres.

But a few miles away on a one-acre plot, Julie Belott's wine grapes simply wouldn't exist without the aid of granular fertilizer, the herbicide Roundup and fungicide she applies while wearing a protective moon suit. A real estate consultant by day, she alone spends an hour and a half each evening tending her 500-plant vineyard.

Even at \$28 dollars a bottle, her yearly 5,000 cases of wine usually don't turn a profit, she said. And in 2005, she nearly lost her entire crop to mold. "Because I've had such a problem," she said, standing gingerly so as not to touch the recently applied fungicide that smelled of an old-school photography darkroom, "I couldn't chance not having a harvest this year."

She's tried organic solutions, but nothing proved as reliable as conventional techniques, she said. The organic fungicide she used last year caused her grapes to harden, and she lost yield at harvest. Turkey-mannure fertilizer was too much work to spread, and too expensive to outsource. Belott also found mowing and managing a cover crop too laborious, and tilling the rocky soil unimaginable. "From a time-management (perspective), it made more sense to spray it and be done with it," she said.

As it is, even with chemicals, "working with the suckers, tying, checking plants - by the time I go through the vineyard, it's time to spray again," she said. "(Grape farming is) just a lot of work."

Free History Tour Dogpatch and Potrero Point

Designated as a San Francisco Historic District, this colorful neighborhood has important ties to many of the city's past commercial industries. From its historic working class cottages and industrial age relics to the current proliferation of ultra-modern lofts, we'll explore the past and present of this surprising, eclectic neighborhood in transition in this 2 hour walking tour.

11 a.m. the first Sunday of every month through October

Meet at 18th + Tennessee (5/7, 6/4, 7/2, 8/6, 9/3, 10/1)

SAN FRANCISCO
CITY GUIDES

\$5 suggested donation to the SF City Guides organization (donation optional)

CENTERED BODY PILATES

601 KANSAS STREET www.centeredbody.com

private training & small group classes

Pilates Works

Get fit and feel great

Call 415.920.9133

intro: 3 private sessions for \$150



we're here now

1090 26th Street (at Indiana), San Francisco, CA 94107

patsgarage.com

415.647.4500

visit us online for a special introductory offer

**We Service Honda, Acura, Subaru and Hybrid Cars
(including Toyota Prius)**

OUR SHOP IS CERTIFIED TO KEEP YOUR FACTORY WARRANTY IN EFFECT



Workout Face-off

(Continued from page 13)

Aikido is another practice that seeks to address both mind and body. Japanese in origin, Aikido is a non-competitive martial art based on flowing, circular movements. Penny Sablove, who is the sensei at Heart of San Francisco Aikido, explained that Aikido seeks to find alternatives to conflict and achieve harmony rather than win the fight. "It's learning with your body how to do that in the outside world," she said.

In fact few people I talked to seemed to want to fight much at all. Most seemed bewildered or a little taken aback when I asked them about their ability to throw down. "The thought of using your hard-earned fitness in a negative way goes against all the experiences I've had with watching my members better themselves for their own personal goals," said Talmadge, while Kalnin just emphatically exclaimed, "We don't fight!"

Bruder ventured that yogis and yoginis would have a slim chance in any physical altercation, since they're more likely to be caught meditating and miss the fight altogether. But as Talmadge pointed out, they could also gain the upper hand by "talking the other person out of their violent moment and getting them to calm down."

Only Paul Wade, co-owner of Third Street Gym, was willing to claim all three titles – Most Toned, Most Long-Lived, and Just Plain Toughest – for his sport of choice, boxing. This isn't surprising: Wade and partner Simon Redmond are both Golden Glove champions. Twenty percent of their "new breed of gym's"

membership is made up of serious boxing competitors, including numerous title-holders. "It's the real thing here, you know," said Wade, "You can feel the energy." He likened the mindset of boxing to yoga and tai chi, and said that he intends to be boxing until he's 80. "Mentally, spiritually, and physically, I'd say it's boxing without a doubt," he concluded.

Assuming one successfully avoids physical conflicts, however, most people were quick to bet their long life on yoga. "Everyone knows you can easily live to 108 when you practice yoga," said Bruder. Others emphasized the additional importance of a healthy diet and a playful spirit.

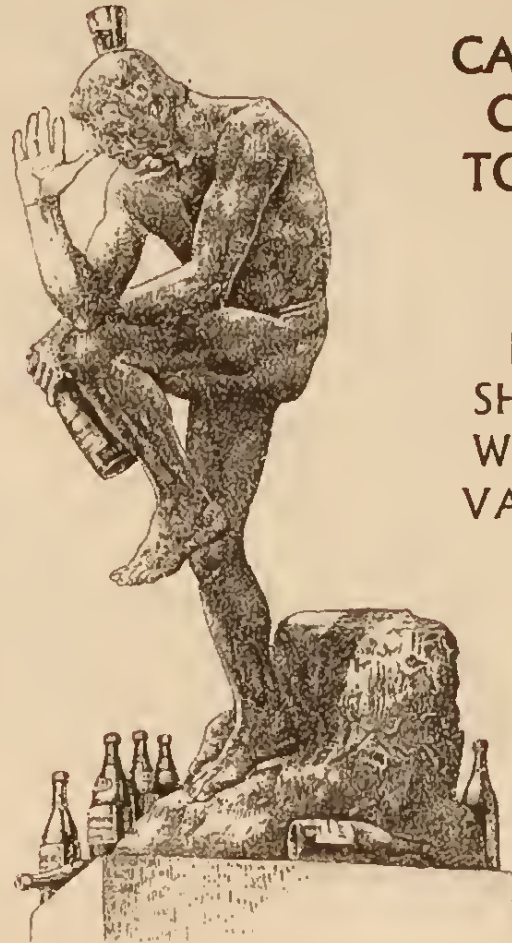
But whether you're motivated by a championship title, fun, or a feeling of inner peace, in the end both aging well and looking good requires a practice that keeps you moving over the long haul. As Kalnin said, "All the face lifts in the world won't keep you young if your body moves old." Just don't go using that extra agility to pick fights with your fellow senior citizens.

Errata

In "Esprit Park: Patch for Dogs," which appeared in the View's June issue, it was erroneously stated that Esprit Park is only 12,000 square feet, when in fact it's a much larger 96,000 square feet. We regret the error.

THE WINE HOUSE

YOUR NEIGHBORHOOD WINE MERCHANT



CAN'T THINK
OF WHAT
TO DRINK?

LET US
SHOW YOU
WHERE THE
VALUES ARE

129 Carolina Street (between 16th and 17th)

PHONE: 415/355-WINE (9463)

www.wineSF.com

Monday–Friday: 10:00am – 6:00pm • Saturday: 10:00am – 5:00pm

The Mission Bay Branch of the San Francisco Public Library presents

GRAND OPENING CELEBRATION

Food, entertainment, giveaways!

Saturday, July 8, 2006
10 a.m.–4 p.m.

Mission Bay Branch Library
960 Fourth Street (at Berry)
One block from CalTrain and Muni Metro



The first new San Francisco branch library in 40 years, the Mission Bay Branch will serve as the heart of this bustling new community and be the only City library with a waterfront view! Don't miss it!

MISSION BAY
Our Neighborhood Library

All programs at the Library are free.
Cosponsored by the San Francisco Public Library, Friends of the San Francisco Public Library and the Mission Bay Library Campaign Committee

We voted to renovate and build new branch libraries across the city. It's happening!



San Francisco Public Library

960 Fourth Street (at Berry) (415) 557-4277 www.sfpl.org

Water View Home on Potrero Hill

1141 Wisconsin
@ 25th Street

This light-filled three bedroom home on the South Slope of Potrero Hill has sweeping vistas of the East Bay from Living Room, Kitchen, Upstairs Bedroom and Deck. You can enjoy the solitude of the luscious and spacious wood-fenced backyard or throw a BBQ with all of your friends this 4th of July! The bathroom has just been remodeled, and a new floor has been added to the large kitchen.

There's plenty of storage and closet space, a one-car garage and a downstairs unwarranted unit with lovely picture windows onto the landscaped back yard. (This unit is currently tenant occupied).

And shhhh...don't tell anyone but there is still plenty of parking all over the hill so you can walk or drive in your new neighborhood.



Whitney Baxter Davis
REALTOR®
415-533-3990
WhitneyBDavis@zephyrsf.com
www.whitneybdavis.com

Nicki Randolph
REALTOR®
415.215.9451
www.nickirandolph.com
nicki@zephyrsf.com

Offered at
\$809,000.

Discover True Appreciation



Z
ZEPHYR
REAL ESTATE



Minimum: \$10 for 4 lines, 40 characters (including spaces)/per line
Additional lines: \$1 each
Deadline: 18th of the month
Mail copy and payment to:
View Want Ads
2325 Third Street, Ste. 344
San Francisco, CA 94107
No ads accepted over the phone.

Art and Music

PIANO LESSONS ON THE HILL. Private piano and/or composition lessons. All ages and styles w/ caring professional. 25 yrs exp. Teaching and performing in S.F. 18-year Pickle Family Circus music director. jeffrey@gateo.com or (415) 648-8930.

BEGINNING MOSAIC WORKSHOPS with longtime Hill artist. Create a mosaic stepping stone: original permanent art, for your garden or your mom! All materials provided. Please visit www.jonieisen.com or call (415) 648-6740.

ATTENTION ARTISTS: Goat Hill Pizza is looking for local artists to show their work at the restaurant. Please call Alicia Wong at 641-1440 if you are interested.

STUDIO SALE!! Saturday July 15 10 a.m. to 4 p.m. Original photographs, photogravures and etchings by award winning artists Kristin Satzman and Jane Grossenbacher. 610 22nd St. #309 between 3rd and Illinois. Info (415) 312-0096.

Community Activities

SENIORS (60+) DON'T EAT LUNCH ALONE. Join us for daily lunch and add to your social life. Mon-Fri, hot nutritious meals--your first time with us you get a free lunch! Bingo, cards, birthday celebrations, special events, and other activities. For more information, call Dolores Maghari at 826-8080. PH Neighborhood House, 953 De Haro St.

Computer/Phone Services

ALL THINGS MACINTOSH: Troubleshooter for hire. New computer? Odd errors? Print Problems? DSL woes? We come to

you/shop on hill. Upgrade, repair, training, wireless, iPod, etc. Call Ruth/Eugene (415) 695-1956.

COMPUTER REPAIRS, maintenance, setup, and troubleshooting. Competitive rates, house calls, can work with non-technical individuals. John (415) 586-2333.

CHARLIE THE PHONE GUY: Residence/business/home office wiring. FAX/modem/DSL. Dead jacks made live! Free estimates. On-time appointments. (415) 641-8410. charlie@sphoneguy.com

COMPUTER PROBLEMS DRIVING YOU BUGGY? We fix problems! 25 years of industry experience. Software or hardware consulting; setup a wireless network for you. Can work with individuals, small businesses, or professionals. Patience with non-technical folks a specialty. Rob (415) 244-3305. At your service! www.SFComputech.com

Educational Services

RESUME WRITING- More than 9 of 10 job applicants get screened out even before interviewing. A professional resume writer will structure your resume to gain the "inside" advantage. We can also help you ACE YOUR INTERVIEW. Mention this ad and get a 10% discount. See our website www.CareerInsiders.com and contact us at info@CareerInsiders.com or 415-970-8959.

Food & Nutrition Services

GOURMET VEGETARIAN CUISINE: Delivered to your doorstep. Diverse menus, naturally low in fat, cholesterol & salt. Treat yourself right! Gift cert. avail. For menus, call Jane (415) 826-2133, www.pealcuisine.com

TOO TIRED TO COOK? Flour Girl is a new in-home cooking service featuring menus customized to your EXACT needs. Imagine coming home to fabulous meals prepared by your very own personal chef. FREE in-home consultation. Call Chef Coco Jacobs at (415) 948-6410. Sample menus and full details at www.flourgirlchef.com

CRAVE HEALTHY, DELICIOUS DINNERS? Drawing on 20 years of passionate vegetarian cooking, Chef Deb Janes will give you back your evenings while you enjoy eating nourishing dinners. For more details on this vegetarian personal chef service, go to www.gardengourmetchef.com or call 510-985-1065.

Garden Services

GROWSGREEN LANDSCAPE DESIGN offers a custom design for your garden. Featured designer on HGTV. www.growsgreen.com (415) 336-9829.

URBAN GARDEN DESIGN. Create an oasis of beauty and enjoyment using Cali-

fornia native plants and ecologically sound landscape design. Peigi Duvall, (65) 704-3926. www.indigdesign.com.

COMPLETE GARDEN CARE I will help your garden evolve into a natural paradise. Maintenance, renovation, organic soil building. California native plants a specialty. Call Jeannine Zenti at 415-642-0246

Health & Healing

ALLERGY SEASON? Breathe clean air with the Austin Healthmate HEPA filter. Two sizes. Also, just pennies per day for Multi Pure Water Filters--under-the-sink models or the new Aqua Dome. 643-6600.

TUI NA (THAI STYLE) MASSAGE & many other styles at Potrero Healing Arts (above Farley's) 7 days/week with 'healing hand therapists'! Call (415) 282-2574 for an appt.

HOLISTIC CHIROPRACTOR 15 years on the Hill. Alleviate pain & stiffness with acute or chronic muscular & joint problems. Many techniques used. Call Dr. Ann Brinkley (415) 282-2574

SWEDISH/DEEP TISSUE MASSAGE. Professional, Therapeutic, Non-Sexual. 13 Years Exp. \$50/hour. 285-5526

Home Services

COLOR CONSULTING AND INTERIOR DESIGN HAVING TROUBLE PICKING OUT COLORS? Create the perfect look for your home or business. Kathyjean Boise featured on HGTV Expert color consultant and interior designer Call 180 Degree Design 415-285-3014

AFFORDABLE HIGH QUALITY PAINTING. Interior/Exterior. Free estimates. Great references. Call (415) 753-5898.

HANDYMAN Basic electrical, Carpentry, Custom woodwork, Decks, Doors, Dry rot Fences, Garbage disposal, Locks, Siding, Molding, Painting, Plumbing, Toiler, Sheet-rock, Stairs, Tile. (415) 756-9896

OVERWHELMED BY CLUTTER? Relocating? As featured on HGTV, NPR & The Chronicle. ShipShape offers expert, simple solutions to what goes where. We will cut through clutter, defrazzle moves & restore simplicity & peace of mind to busy lives. Home, office, packing & more. Free phone consult. [www.shipshape.com/\(415\)550-0658](http://www.shipshape.com/(415)550-0658)

ARCHITECTURAL SERVICES Realize your home's potential today! Neighborhood Architect with 20 yrs. Experience available for residential or commercial renovation and construction. Please call Bradley Davidson (415) 370-8291. Cal. Lic. #C-23182.

BEST PRICE * BEST PRODUCT Carpentry Fences Decks Stairs Windows Doors Tile Setting Seismic & Structural Bathroom & Kitchen Remodeling Serving San Francisco Neighborhoods for 20 years Handyperson services: Just Fix it Now! (415) 282-5406

PAINTING & CARPENTRY: Int. & exterior painting, seismic & structural foundation work, dryrot/pest report work, plumbing, electrical, roof repairs, tile, even tree trimming and hauling! Cal. Lic. #751689. Far West Restorations, Jim Kennedy, (415) 661-3724.

HOUSECLEANER Professional, systematic, 20+ years. Consistently good work with excellent references. Call Deana now (510) 547-2469. Free estimates.

ORGANIZE YOUR TIME, PAPER, SPACE! If you want to feel in control of your time, on top of your work, and supported by your stuff, contact us for a no-obligation consultation. Organize Me! And New Leaf Services have joined forces to serve you better. Call Linda James at (415) 285-3266 or Margaret Lukens at (650) 342-0580. www.newleafservices.com

CUSTOM CARPENTRY Do you need some custom furniture designed and built? I specialize in beautiful pieces that will become so much a part of your home that they will look as if they have always been there. I'm happy to build to your specifications, or help you design what you need. Side-step the expensive interior design maze. Email: andrew@picton.com or call (415) 647-6397.

CLEANING PROFESSIONAL. 20 Years Experience. Apartments, homes, or offices. Rodger Miller, (415) 664-0513.

ORGANIZE DON'T AGONIZE Professional Organizer and Coach with over twenty years experience. Available to skillfully support you with compassionate non-judgmental practical help with your paperwork, projects and places. Call Jo Ann at Keep it Simple and Organized (831) 239-9963 or joannjking@yahoo.com

PEACEFUL KINGDOM PETSITTING We offer gentle, attentive care for your beloved pets and peace of mind when you are away. Cat care and medications are our specialty. Serving Potrero Hill and San Francisco pets for 10 years. JoAnn 415-920-1973.

TRU-LUV CATSITTING ON HILL Long-time SF/SPCA volunteer and cat-lover. Care for your cat(s) as if they were my own for your complete peace of mind. 5 years exp. Potrero, Bernal, and Noe. Bonded and References. 415-285-5526. Low Rates.

I Buy Fixer up Properties in Potrero Hill. Fast Closing. Call (415) 508-3321 Ext 877

FINE FURNITUREMAKING & ANTIQUE REPAIR Making and fixing solid wood furniture. Call 415-846-3425

SECRETARIAL OFFICE SERVICES: Data Entry, Bookkeeping, Projects, Files, Organizing receipts, moves, etc. Helene: 415-515-2237

HOUSECLEANER, PERSONAL ASSISTANT, ORGANIZER. Caregiver, Companion, Driver, Errands, Moving, Packing. Detailed professional exceeds your expectations. 10 years experience. Mike 495-2312

STEREO REPAIR AND HOME THEATER SETUP MADE EASY. Gene's Sound Service offers in-home stereo repair and system trouble-shooting; Audio, video, and home theater set-up, with convenient day, evening, and Saturday appointments available. "Gene is honest and knows his stuff. Give him a try." Bobby McFerrin. Call Gene at 415-377-1258.

Professional Housekeeper. Serving the Hill for 12 yrs. Refs. available, good work, dependable. One time or regular cleaning. Call Grant (415) 290-8645.

Rentals

VISITORS WELCOME. Guest apartment for short-term rental only. Private 1BR, 1BA garden apt with kitchen, phone, cable, DVD. Sleeps 4+. Children OK. Nonsmoking. 285-0251.

SPACIOUS AND BEAUTIFUL furnished garden apartment w/kitchen. Private. 1/2 blk to restaurants. Non-smoking. Short term only. (415) 861-3208

CHARMING GARDEN APARTMENT One BR, 2-night minimum. Fireplace, patio, deck, French doors. (415) 641-4488

MEETING/EVENT RENTAL SPACE available at Slovenian Hall. Facilities: dining room w/ stage, dance floor, barroom & meeting room. Call Jackie at (415) 864-9629

VACATION RETREAT FOR POTRERO HILLIANS. Calistoga/St. Helena area. 3 bdrms, 2 baths, sleeps 6 (max). Lg decks w/views of stream, woods & meadow. Fireplace w/wood supplied. 30 acres. Trails. All-year stream. Dogs OK. 3 night wknd: \$375; week: \$600; or 4 wks at \$2000. (415) 647-3052. Photos at <http://home.earthlink.net/~springmount/>

CLOVER STORNETTA
Clover Dairy Organic Milk
Quarts
32 oz. -reg 2.35
\$1.99

Ben & Jerry Ice Cream
All Flavors
16 oz. -reg 3.99
2 for \$5

Celestial Seasonings Herbal Teas
20 ct. -reg 3.19
3 for \$6

3 for \$5

The GOOD LIFE GROCERY

1524 TWENTIETH STREET • POTRERO HILL • SAN FRANCISCO • EVERYDAY 8 AM - 8 PM